

September is National Suicide Prevention Month

Reduce suicide rates & lessen the stigma of mental illness, addiction, depression and PTS(D) with the following resources:



Visit <https://www.veteranscrisisline.net> and click on topics under "Education and Advice."



Learn the Five Signs that may mean someone is in emotional pain and might need help: <https://www.changedirection.org/#five-signs>



Purchase the Auxiliary Suicide Awareness Prevention Pin from the VFW Store: <http://vfwstore.org/products/32033>



Share the Veterans Crisis Line number: Dial 988, then press one.



"Don't Wait, Reach Out." Learn more here: <https://www.va.gov/montana-health-care/stories/tackling-self-stigma-to-strengthen-your-recovery-journey/>