

All It Takes Is One...



Family Member
husband
WIFE
mentor
Friend
TEXT
Phone Call
Question
Choice
Significant Other

Person
chaplain
LEADER
HELPING HAND

SHIPMATE

...To Make A Difference.


Military Crisis Line
 1-800-273-8255 **PRESS 1**


Military OneSource
 800-342-9647

If you or someone you know is in crisis, visit your local Fleet and Family Support Center, or call the Military Crisis Line or Military OneSource.


NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
 PREVENTION AND PROTECTION START HERE

1SmallACT 
 #BeThere for Every Sailor, Every Day.