



Every Sailor, Every Day



Every day, each of us has the opportunity to encourage and support fellow Sailors and Marines.

**Military
Crisis Line**



1-800-273-8255
PRESS 1

www.militarycrisisline.net



800-342-9647

www.militaryonesource.mil/

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.

For more information, visit:

NMCPHC HPW Suicide Awareness and Prevention: www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx

Navy Suicide Prevention Program: http://www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION