



# 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](http://www.militarycrisisline.net)



800-342-9647

[www.militaryonesource.mil/](http://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](http://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](http://www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx)



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