

A photograph of two sailors on a ship's deck, one wearing a headset, looking out at the ocean. The scene is in silhouette against a bright, overcast sky and sea.

SHIPMATES CAN PREVENT SUICIDE!!!

NOT ALL WOUNDS ARE VISIBLE

**BE WILLING TO LISTEN
IT'S YOUR RESPONSIBILITY TO GET HELP FOR A FELLOW SAILOR.
TALK WITH A CHAPLAIN OR MENTAL HEALTH PROFESSIONAL IF YOU
ARE CONCERNED ABOUT A SHIPMATE.**