

All It Takes Is One...



Family Member
 Email Doctor
 husband
 WIFE
 mentor
 Friend
 TEXT
 chaplain
 LEADER
 HELPING HAND
 SHIPMATE
 Phone Call
 Question
 Choice
 Significant Other
 Person

...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 MARINES CORPS
PUBLIC HEALTH CENTER**
 PREVENTION AND PROTECTION START HERE


Life Counts