

# We're all in this together.



## Give Help a Chance.

If you are having difficulties or know someone who is, now is the time to **ACT**.

### **ASK - CARE - TREAT**

**ASK** if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREAT**ment) as soon as possible.

Suicide does not discriminate - anyone can be at risk.

[www.suicide.navy.mil](http://www.suicide.navy.mil)

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