



U.S. Department  
of Veterans Affairs

# 1 PERSON

can make a difference.

1-800-273-8255 PRESS 1



## Spread the word about The Power of 1.

Veterans, Service members, and their loved ones can call or text 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA services. Veterans can connect with round-the-clock support and crisis services specially trained in helping Veterans. Let the Veterans in your life know about The Power of 1.

Distributed by the Essex County Suicide  
Prevention Coalition (518) 873-3670



## Veterans Crisis Line



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••• Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net) or text to 838255 •••