



**IT TAKES
THE
COURAGE
AND
STRENGTH
OF A
WARRIOR
TO ASK
FOR HELP.**

Have the **courage** to reach out to a veteran who may need help.

Notice. Care. Help. Suicide is preventable.

Learn how to be a lifesaver. 520.621.5700



UA Counseling and Psych Services:
520.621.3334

Veterans Crisis Line:
1.800.273.TALK (8255) – Press 1

Pima County Crisis Response Center:
520.622.6000

Friend 2 Friend: f2f.health.arizona.edu