

BE THE ONE

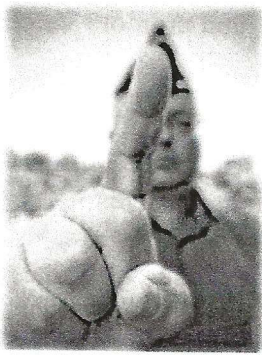
AMERICAN
LEGION

Let's change the narrative. Instead of talking about the staggering number of daily suicides, **BE THE ONE** to save **ONE** veteran. We can end the stigma surrounding mental health with your help! Let's join as an American Legion Family to support the "Be the One" initiative, tackling the tough challenge of veteran suicide. What does it mean to Be the One? For a veteran, it means reaching out for help to assist a loved one or calling a helpline in times of crisis. The new 988 emergency suicide hotline is a valuable resource. For a spouse, family member, or caretaker, it means recognizing when the veteran is struggling and getting them the help they need. As a caretaker, spouse, or friend, you are in a position to see the risk and have the veteran's trust in his or her time of crisis. For veterans, friends, and other civilians, it also means being proactive to get the veteran the help they need. Don't assume someone else will act. Take the initiative to "Be the One" to make a difference in the lives of veterans.



This is the perfect opportunity for our unit members to make an impact in the lives of our veterans right in your community. Set a personal goal to ask just one veteran a week how they are doing. Reach out to veterans in your life and listen to what they have to say. Commit to helping a veteran who is struggling. *Be the one to make a difference!*

Print this graphic and give it to your members at the next unit meeting to start the conversation.



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TO ASK VETERANS IN YOUR LIFE HOW THEIR DOING
TO LISTEN WHEN A VETERAN NEEDS TO TALK
TO REACH OUT WHEN A VETERAN IS STRUGGLING