

# YOU ARE NOT ALONE...

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Press 1 - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Military OneSource: 1-800-342-9647 - [www.militaryonesource.com](http://www.militaryonesource.com)

Military Pathways: 1-877-877-3647 - [www.militarymentalhealth.org](http://www.militarymentalhealth.org)

Signs of Suicide (SOS) Military Program <http://www.mentalhealthscreening.org/military/index.aspx>

Chaplains: <http://www.army.mil/info/organization/chaplaincy>

Real Warriors Campaign: 1-866-966-1020 - [www.realwarriors.net](http://www.realwarriors.net)

Wellness Resources for the Military Community [www.afterdeployment.org](http://www.afterdeployment.org)

TAPS (Tragedy Assistance Program for Survivors): 1-800-959-TAPS (8277) - [www.taps.org](http://www.taps.org)

TRICARE (now offering remote and web-based counseling in CONUS): 1-800-600-9332 (CONUS) - [www.tricareonline.com](http://www.tricareonline.com)

Warrior and Family Assistance Center (WFAC): 1-800-436-6290 - [www.arfp.org/WFAC](http://www.arfp.org/WFAC)

Shoulder to Shoulder Video (Finding Strength and Hope Together)  
<http://www.armyg1.army.mil/hr/suicide/default.asp>

Army One Source: <http://www.myarmyonesource.com/default.aspx>

Information Resources <http://www.armyg1.army.mil/hr/suicide/spmonth>

