



DEFENSE CENTERS OF EXCELLENCE  
For Psychological Health & Traumatic Brain Injury

**I am a mentor.**

**I am a comrade.**

**I am a friend.**

**I am a loved one.**

***I will reach out for help.***



## **I am a Sailor**



**You are not alone.** There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

**1-800-273-TALK (8255)**

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

**DCoE Outreach Center**

**866-966-1020**

**[resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)**

**[www.dcoe.health.mil](http://www.dcoe.health.mil)**