

MILITARY

SUICIDES

AVERAGE

ONE A DAY...

CONCERNED?

Preventative maintenance applies to people too.

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255 ANYTIME 24/7

SCAN CODE TO CALL



Little Creek/Fort Story
462-7563

Newport News
688-6289

Norfolk/Portsmouth
444-2102

Northwest
421-8770

Oceana/Dam Neck
433 - 2912

Yorktown
887-4606