

# #BeThere

for the people in your life.

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Someone may need help when they:



Seem lonely  
or isolated



Engage in  
risky behavior



Talk about  
feeling hopeless



Lose interest  
in doing things  
they love



Get angry or have  
extreme ups and downs



Have trouble  
sleeping

Get personal support today for yourself  
or for your friend: Call the **Military Crisis Line**  
at **800-273-8255** and **Press 1**.

