

## BeThere for Others.

Everyday connections can make a big difference to someone. Don't assume someone else will make an effort. Be the one who reaches out.

- ☎ Make a call
- ✉ Send a text
- ☕ Grab a cup of coffee
- 🚶 Take a walk together
- 🏋 Meet up for a workout
- 💬 Stop for a chat at the store

Call for professional help if you become concerned (see resources on the back of this brochure).

## BeThere for Yourself.

Care for yourself — it's as important as the care you give to others.

- 👤 Connect with family and friends
- 🏃 Go outdoors for a workout
- 😴 Get plenty of sleep
- 🍏 Eat right
- 👕 Volunteer for a good cause
- 🐕 Take your dog for a walk

## When to BeThere.

Changes in behavior could mean that a person needs help. Reach out to the people you know if they:

- 📱 Post negative thoughts on social media
- 😞 Act out of sorts or not like themselves
- 💔 Struggle with a relationship
- 🔪 Seem anxious or stressed
- 🍷 Drink too much



## What we do.

The Defense Suicide Prevention Office supports a collaborative public health approach where suicide prevention is integrated into military, family and civilian policies and programs to reduce suicidal behavior in Service members, their families and DoD civilians. We are working closely with the military services, civilian organizations and the community to create a network of support for suicide prevention efforts. Visit us at <http://www.dspo.mil>.

DEFENSE SUICIDE  
PREVENTION OFFICE



RESOURCES

★ YOUR ACTION COULD SAVE A LIFE ★



📱 Send text to 838255



Call: 800-342-9647  
Click: [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)  
Connect: 24/7

911 Dial 911

BeThere. Learn how to BeThere for yourself and others at <http://www.dspo.mil>