

HOW YOU CAN BE THE ONE

What: The American Legion's Be the One initiative encourages American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

Why: To reduce the alarming number of veteran suicides.

How: Our goal is to destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be the One.

Who:

Veterans

- Talk with fellow veterans about how you are feeling.
- Ask for help when you think you need it.
- Know there are millions of people ready to help you.
- Remember your family and friends care.

Non-veterans

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.

American Legion posts

- Educate members, other veterans and civilians on the campaign.
- Display resources at your post or in your community.
- Share events or success stories at legiontown.org.

RESOURCES

American Legion support: Stories, videos and promotional items related to this initiative are available for posts, members and others. Visit betheone.org

For urgent help: Veterans experiencing a crisis can call **988** and press **1** for mental health assistance. Counselors are available 24/7. They may also text **838255** or visit the VA crisis line website veteranscrisisline.net



P.O. Box 1055
Indianapolis, IN 46206
1-800-433-3318

legion.org

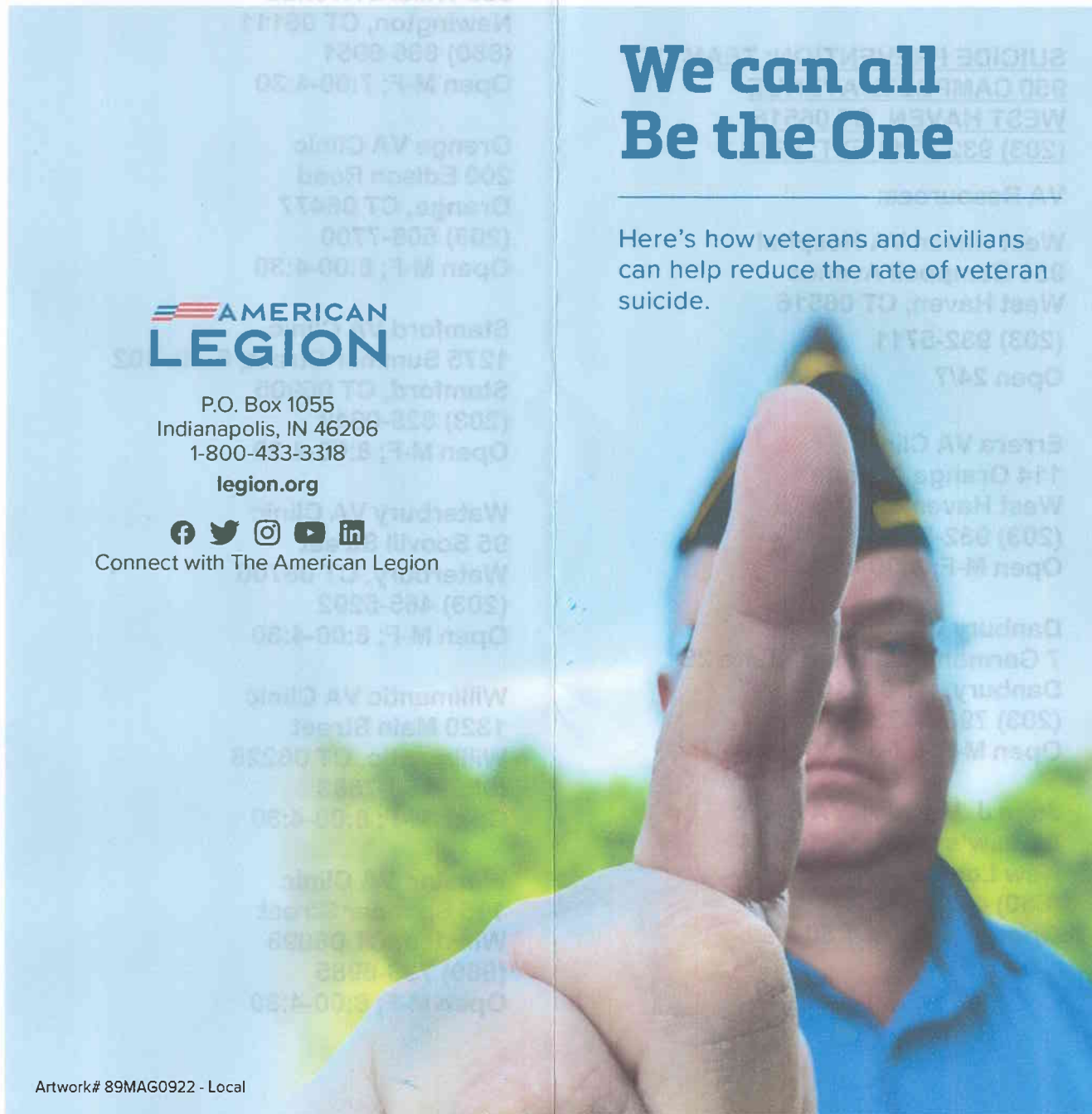


Connect with The American Legion



We can all Be the One

Here's how veterans and civilians can help reduce the rate of veteran suicide.



Veterans Crisis Hotline:
Dial 988 #1

SUICIDE PREVENTION: TEAM CT
950 CAMPBELL AVENUE
WEST HAVEN, CT 06516
(203) 932-5711 EXT: 8319

VA Resources:

West Haven VA Hospital
950 Campbell Avenue
West Haven, CT 06516
(203) 932-5711
Open 24/7

Errera VA Clinic
114 Orange Avenue
West Haven, CT 06516
(203) 932-5711
Open M-F; 8:00-4:30

Danbury VA Clinic
7 Germantown Road, Suite 2B
Danbury, CT 06810
(203) 798-8422
Open M-F; 8:00-4:30

John J. McGuirk VA Clinic
6 Shaw's Cove, Suite 104
New London, CT 06320
(860) 437-3611
Open M-F; 8:00-4:30

VA Resources:

Newington VA Clinic
555 Willard Avenue
Newington, CT 06111
(860) 666-6951
Open M-F; 7:00-4:30

Orange VA Clinic
200 Edison Road
Orange, CT 06477
(203) 508-7700
Open M-F; 8:00-4:30

Stamford VA Clinic
1275 Summer Street, Suite 102
Stamford, CT 06905
(203) 325-0649
Open M-F; 8:00-4:30

Waterbury VA Clinic
95 Scovill Street
Waterbury, CT 06706
(203) 465-5292
Open M-F; 8:00-4:30

Willimantic VA Clinic
1320 Main Street
Willimantic, CT 06226
(860) 450-7583
Open M-F; 8:00-4:30

Winsted VA Clinic
115 Spencer Street
Winsted, CT 06098
(860) 738-6985
Open M-F; 8:00-4:30

**To contact an American Legion
Service Officer for FREE
assistance, whether you are a
member or not:**

Department Service Office
VA Healthcare-Newington
555 Willard Avenue
PO Box 310909
Newington, CT 06131-0909
(860) 594-6600
(860) 667-3257 FAX
Kenneth.lewis3@va.gov
Mary.harris3@va.gov

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