



U.S. Department  
of Veterans Affairs



# 1 SMALL ACT *shows you care*



Continue to support Veterans and Service members by sharing VA's suicide prevention resources.

## Military Crisis Line Posters

Did you know Service members can find support through the Veterans Crisis Line/Military Crisis Line? Download and share new Military Crisis Line posters and editable flyers to spread the word about available resources.

[DOWNLOAD MATERIALS](#)



## Newsletter – Relationships

Relationships are complicated, but taking steps to improve them doesn't have to be. Especially when your loved one may be in crisis, your support can make all the difference. Read our new newsletter to learn how to approach family and relationship challenges, and share it with people in your life.

[SHARE CONTENT](#)



Both Veterans and Service members can access support through the Veterans Crisis Line/Military Crisis Line. Learn more about the support available for Service members, Guardsmen, and Reservists at [MilitaryCrisisLine.net](https://www.militarycrisisline.net).

One call, one text, one conversation can save a life.  
Show The Power of 1 today.