

How to promote Be the One

RESOURCES

A regularly updated resources page for Be the One materials is available for posts, members and others. Visit betheone.org/resources

Among the available resources and promotional items:

- How-to videos about hosting an event, identifying an at-risk veteran and many more.
- Sample press release and media advisory.
- Physical displays such as pop-up banners, table covers and more.
- Social media graphics for promoting an event.

Free 90-minute suicide prevention training

The American Legion has joined forces with Columbia University to conduct training for those who want to learn more about interacting and responding with veterans who may be in crisis.

The free training takes less time than it does to watch a movie or sporting event — and it has proven to save the lives of veterans with suicidal ideation.

Learn more, review options for upcoming training dates and times, and sign up for a session:

legion.org/betheone/training

Crisis line

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

We can all Be the One

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

 AMERICAN
LEGION

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

legion.org



Connect with The American Legion



USE THIS BE THE ONE BROCHURE TO HIGHLIGHT RESOURCES IN YOUR COMMUNITY

The American Legion national HQ staff has made this customizable brochure available for American Legion posts to use with local information in their communities.

You can use this side of the brochure as a resource page for veterans who need assistance with issues related to PTSD, TBI, mental health and other issues.

Here's how to use the brochure:

1. Open this file in Microsoft Word and save a copy to your computer.
2. Delete the text in this box and fill in this side of the document with a collection of your local resources that would be useful to veterans. Include information such as the service provider's name, phone number, email address, physical address, services provided, website and any other relevant information.
3. After completing the page of local resources, take both front and back to a printer who can print as one trifold brochure for you.
4. Once you have the finished product, you can hand it out at post events, distribute it to veterans in your area, and publish it on your post Facebook page, newsletter or website.
5. Share how you are using this brochure and other resources to help community members in your area learn how they can "Be the One." Visit Legiontown.org to share your story.