

Missouri Buddy Check 22 Day



BUDDY CHECK 22

MISSOURI



*Feeling alone and not having others to talk with
can increase the risk of suicide*

Set a reminder for the twenty-second (22) day of each month to check in on a service member, Veteran, or family member:

- Talk**, ask how they are doing.
- Listen**, be ready to offer help if needed.
- Meet again**, make plans to stay in touch.

Together, we can all help prevent suicide.

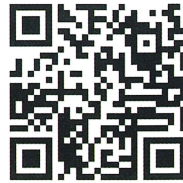


Missouri



PREVENTING SUICIDE
AMONG SERVICE MEMBERS,
VETERANS & THEIR FAMILIES

scan to



learn more

If you or someone you know needs help, call or text the
988 Suicide & Crisis Lifeline (Veterans press 1) today!

988
SUICIDE
& CRISIS
LIFELINE
MISSOURI