Social Media Content and Graphics

| **Facebook Copy** | **X Copy** | **Instagram Copy** | **Media Asset** |
| --- | --- | --- | --- |
| Asking a Veteran if they are having thoughts of suicide might feel daunting, but it won't give them the idea or increase their risk. Be the one to start the conversation—it might save a life.  Looking for the words to say? Start here: [VeteransCrisisLine.net/CrisisConversationHandout](https://www.veteranscrisisline.net/CrisisConversationHandout). | Asking a #Veteran if they are having thoughts of suicide might feel daunting, but it won't give them the idea or increase their risk. Be the one to start the conversation—it might save a life.  Looking for the words to say? Start here: [VeteransCrisisLine.net/CrisisConversationHandout](https://www.veteranscrisisline.net/CrisisConversationHandout). | Asking a #Veteran if they are having thoughts of suicide might feel daunting, but it won't give them the idea or increase their risk. Be the one to start the conversation—it might save a life.  Looking for the words to say? Start here: [VeteransCrisisLine.net/CrisisConversationHandout](https://www.veteranscrisisline.net/CrisisConversationHandout).  #SuicidePrevention #SuicideAwareness | *Facebook/X*  *A blue rectangle with white text  Description automatically generated*  *Instagram*  *A blue rectangle with white text  Description automatically generated* |
| Many Veterans may not show obvious signs of suicide but some of their actions, words, and behaviors might indicate they need help.  Learn what to look for to help the Veterans you know who may be going through a difficult time: [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/). | Many #Veterans may not show obvious signs of suicide, but some of their actions, words, and behaviors might indicate they need help.  Learn what to look for to help the Veterans you know who may be going through a difficult time: [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/). | Many #Veterans may not show obvious signs of suicide, but some of their actions, words, and behaviors might indicate they need help.  Learn what to look for to help the Veterans you know who may be going through a difficult time: [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/).  #SuicidePrevention #SuicideAwareness | *Facebook/X*  *A person standing next to a person  Description automatically generated*  *Instagram*  A person and person posing for a picture  Description automatically generated |
| Recognizing suicide warning signs, in yourself or Veterans you care about, can help you take action to ask for support.  Learn more at: [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/). | Recognizing suicide warning signs in yourself or #Veterans you care about can help you take action to ask for support.  Learn more at: [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/). | Recognizing suicide warning signs in yourself or #Veterans you care about can help you take action to ask for support.  Learn more at: [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/).  #SuicidePrevention #SuicideAwareness | *Facebook/X*  *A blue background with white text  Description automatically generated*  *Instagram*  *A blue and white rectangular object with text  Description automatically generated* |
| If a #Veteran you know is going through a crisis, make sure they know the #VeteransCrisisLine is available 24/7. You can even call together.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | If a #Veteran you know is going through a crisis, make sure they know the #VeteransCrisisLine is available 24/7. You can even call together.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | If a #Veteran you know is going through a crisis, make sure they know the #VeteransCrisisLine is available 24/7. You can even call together.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255.  #SuicidePrevention #SuicideAwareness | *Facebook/ X*    *Instagram A person and person looking at a computer  Description automatically generated* |
| You matter and with the right help, things can get better. The Veterans Crisis Line offers support to all Veterans and their loved ones, day or night.  Reach out today:  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | You matter and with the right help, things can get better. The #VeteransCrisisLine offers support to all Veterans and their loved ones, day or night.  Reach out today:  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | You matter and with the right help, things can get better. The #VeteransCrisisLine offers support to all Veterans and their loved ones, day or night.  Reach out today:  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255.  #SuicidePrevention #SuicideAwareness | *Facebook/ X A group of people with a computer  Description automatically generated Instagram* |
| When asking someone if they’re having thoughts of suicide, it’s OK to be direct. Showing genuine care and concern is what really matters.  Get more tips on how to talk about suicide: [VeteransCrisisLine.net/CrisisConversationHandout](https://www.veteranscrisisline.net/CrisisConversationHandout). | When asking someone if they’re having thoughts of suicide, it’s OK to be direct. Showing genuine care and concern is what really matters.  Get more tips on how to talk about suicide: [VeteransCrisisLine.net/CrisisConversationHandout](https://www.veteranscrisisline.net/CrisisConversationHandout). | When asking someone if they’re having thoughts of suicide, it’s OK to be direct. Showing genuine care and concern is what really matters.  Get more tips on how to talk about suicide: [VeteransCrisisLine.net/CrisisConversationHandout](https://www.veteranscrisisline.net/CrisisConversationHandout).  #SuicidePrevention #SuicideAwareness | *Facebook/X  A blue and white rectangle with text  Description automatically generated*  *Instagram*  A white rectangular sign with blue text  Description automatically generated |
| If you’re a Veteran in crisis, or you’re concerned about a Veteran who is, call the Veterans Crisis Line now to reach caring, qualified VA responders. Dial 988 then Press 1.  Help is available 24 hours a day, 7 days a week. | If you’re a #Veteran in crisis, or you’re concerned about a Veteran who is, call the #VeteransCrisisLine now to reach caring, qualified VA responders. Dial 988 then Press 1.  Help is available 24 hours a day, 7 days a week. | If you’re a #Veteran in crisis, or you’re concerned about a Veteran who is, call the #VeteransCrisisLine now to reach caring, qualified VA responders. Dial 988 then Press 1.  Help is available 24 hours a day, 7 days a week.  #SuicidePrevention #SuicideAwareness | *Facebook/ X*  *A person holding a cell phone  Description automatically generated*  *Instagram*  **A person looking at a cellphone  Description automatically generated** |
| The Veterans Crisis Line’s Resource Locator can help you find VA resources tailored to your needs as a Veteran or as a friend, family member, or caregiver of a Veteran.  Use the search tool to find VA resources nearest to you: [VeteransCrisisLine.net/LocalResources](https://veteranscrisisline.net/Find-Resources/Local-Resources?fbclid=IwZXh0bgNhZW0CMTAAAR0cj1jsA2tW8JXFCWjtey4Q9d0uYQsupcv0KQ4-mKZhx3uJ3uN4owq1G0o_aem_cHvyz2UmwEp7WTlsNT59dA). | The Veterans Crisis Line’s Resource Locator can help you find VA resources tailored to your needs as a Veteran or as a friend, family member, or caregiver of a #Veteran.  Use the search tool to find VA resources nearest to you: [VeteransCrisisLine.net/LocalResources](https://veteranscrisisline.net/Find-Resources/Local-Resources?fbclid=IwZXh0bgNhZW0CMTAAAR0cj1jsA2tW8JXFCWjtey4Q9d0uYQsupcv0KQ4-mKZhx3uJ3uN4owq1G0o_aem_cHvyz2UmwEp7WTlsNT59dA). | The Veterans Crisis Line’s Resource Locator can help you find VA resources tailored to your needs as a Veteran or as a friend, family member, or caregiver of a #Veteran.  Use the search tool to find VA resources nearest to you: [VeteransCrisisLine.net/LocalResources](https://veteranscrisisline.net/Find-Resources/Local-Resources?fbclid=IwZXh0bgNhZW0CMTAAAR0cj1jsA2tW8JXFCWjtey4Q9d0uYQsupcv0KQ4-mKZhx3uJ3uN4owq1G0o_aem_cHvyz2UmwEp7WTlsNT59dA).  #SuicidePrevention #SuicideAwareness | *Facebook/ X*  *A hand holding a phone  Description automatically generated*  *Instagram*  *A close-up of a phone  Description automatically generated* |
| Everyone faces unique challenges in life. Take the time to learn signs of a suicide crisis to help you know when it’s time to find support for you or the Veteran in your life.  Learn more:  [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/). | Everyone faces unique challenges in life. Take the time to learn signs of a suicide crisis to help you know when it’s time to find support for you or the #Veteran in your life.  Learn more:  [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/). | Everyone faces unique challenges in life. Take the time to learn signs of a suicide crisis to help you know when it’s time to find support for you or the #Veteran in your life.  Learn more:  [VeteransCrisisLine.net/signs-of-crisis](https://www.veteranscrisisline.net/signs-of-crisis/).  #SuicidePrevention #SuicideAwareness | *Facebook/X*  *A blue background with white text  Description automatically generated*  *Instagram*  **A blue and white background with white text  Description automatically generated** |
| Are you having thoughts of suicide? You’re not alone, and help is here for you. Reach out to the Veterans Crisis Line today.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | Are you having thoughts of suicide? You’re not alone, and help is here for you. Reach out to the #VeteransCrisisLine today.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | Are you having thoughts of suicide? You’re not alone, and help is here for you. Reach out to the #VeteransCrisisLine today.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](file:///C:\Users\MichelleBarascout\Desktop\SPP%20Social%20Media\VeteransCrisisLine.net\Chat), or text 838255.  #SuicidePrevention #SuicideAwareness | *Facebook/X*  *A blue and white sign  Description automatically generated*  *Instagram*  A blue square with white text  Description automatically generated |