





FRONT	<p>FOR MILITARY, VETERANS AND FIRST RESPONDERS:</p> <p>FRONTLINE RESPONDER AND MILITARY SERVICES NATIONAL HELPLINE: (866) 676-7500</p> <p>988 SUICIDE AND CRISIS LIFELINE CALL OR TEXT: 988</p> <p>COPLINE INTERNATIONAL LAW ENFORCEMENT LIFELINE: (800) 267-5463 (COPLINE)</p> <p></p>	<p>I think it's time you talk to someone about this. There are confidential people who can and want to help.</p>	IT'S OK NOT TO BE OK.	BACK
FRONT	<p>FOR MILITARY, VETERANS AND FIRST RESPONDERS:</p> <p>FRONTLINE RESPONDER AND MILITARY SERVICES NATIONAL HELPLINE: (866) 676-7500</p> <p>988 SUICIDE AND CRISIS LIFELINE CALL OR TEXT: 988</p> <p>COPLINE INTERNATIONAL LAW ENFORCEMENT LIFELINE: (800) 267-5463 (COPLINE)</p> <p></p>	<p>I can tell that your experience in service was not what you expected, and that caused you pain. You are not alone in this.</p>	IT'S OK NOT TO BE OK.	BACK
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HOW TO:

1. Cut along the dotted lines.
2. Glue the back of each business size card to its front side.
3. You're done! Pass out your resource cards and start the conversation about mental health in your community.