



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

I am a mentor.

I am a comrade.

I am a friend.

I am a loved one.

I will reach out for help.



I am a Coast Guardsman



You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

1-800-273-TALK (8255)

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

DCoE Outreach Center

866-966-1020

resources@dcoeoutreach.org

www.dcoe.health.mil