

# NEVER

# ACCEPT

# DEFEAT



 **USACHPPM**  
Readiness thru Health

**Admitting a Need for Help is Not a Character Flaw.**

**Suicide Can be Prevented. Get Help.**

Talk to your Chaplain or a Behavioral Health Professional or Call Military OneSource **1-800-342-9647**

[www.militaryonesource.com](http://www.militaryonesource.com)

TA-062-0107