**“Don’t Wait. Reach Out.” Campaign**  *Sample Social Copy for Campaign Supporters*

*You can use the sample social media copy below to share  
important messages and resources about suicide prevention for Veterans.*

*Where appropriate, please incorporate the* ***#VetsReachOut*** *hashtag. You can download graphics to use with this copy from this toolkit,* [*at this link*](https://www.va.gov/REACH/spread-the-word/)*.*

**If Your Audience is Veterans:**

* Don’t wait. Reach out. If you or a Veteran you know needs support, get help today. [http://www.VA.gov/REACH](http://www.va.gov/REACH) **#VetsReachOut**
* Life has its challenges. As a Veteran, you don’t have to face them alone. Find resources at <http://www.VA.gov/REACH> **#VetsReachOut**
* Veterans, if you’re struggling or know a buddy who is, don’t wait. Reach out. Find resources today at [http://www.VA.gov/REACH](http://www.va.gov/REACH) **#VetsReachOut**
* Reaching out for help isn’t always easy. But Veterans are trained do hard things. Don’t wait, reach out. <http://www.VA.gov/REACH> **#VetsReachOut**
* If you’re a Veteran who’s struggling, don’t wait for your problems to become overwhelming. Reach out today. <http://www.VA.gov/REACH> **#VetsReachOut**
* Opening up can be hard, but as a Veteran, you know you can do hard things. Reaching out is the first step to getting the support you need. <http://www.va.gov/REACH> **#VetsReachOut**

**If Your Audience is Other Organizations/Non-Veterans**

* Veterans are trained to endure challenging situations, but stigma can make it difficult to reach out for help. If you know a Veteran who’s struggling, let them know about the resources available at <http://www.VA.gov/REACH> **#VetsReachOut**
* Suicide is preventable and we can all be part of the solution by checking in with Veterans in our lives. Help spread the word about resources for Veterans at <http://www.VA.gov/REACH> **#VetsReachOut**
* Some challenges are harder than others. If you know a Veteran who’s struggling, encourage them to reach out for help today: <http://www.VA.gov/REACH> **#VetsReachOut**
* Veterans are trained to be resilient, and it can be hard to reach out for help. **#VetsReachOut** encourages Veterans to seek help before they’re in crisis. If you or a Veteran you know needs support, you can find resources at <http://www.va.gov/REACH>