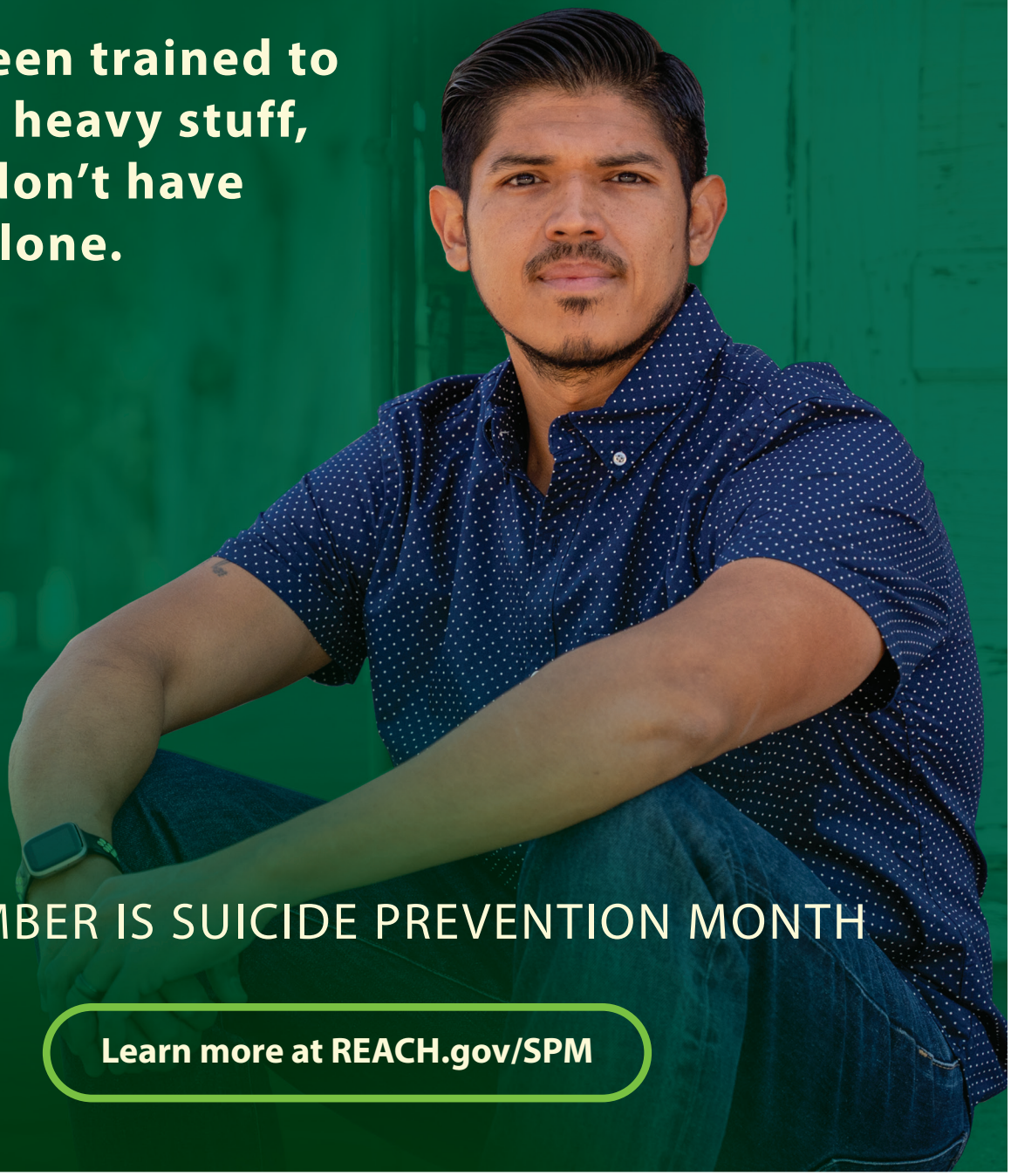
TAKE A MOMENT

REACH OUT

You've been trained to carry the heavy stuff, but you don't have to do it alone.



SEPTEMBER IS SUICIDE PREVENTION MONTH

Learn more at REACH.gov/SPM