



**Army National Guard**

*Always Ready, Always There*



## Suicide Prevention

Stress can be a result of what we do as Guardsmen. When you believe you, a fellow Guardsman or a family member may have a problem that could result in a crisis situation, use the following resources to find a way to get help. Keep yourself strong by getting help when you need it; keep an eye on your buddy and get help for your buddy if you are worried. Remember – never let your buddy fight alone.

[MilitaryOneSource](#)

[Hooah4Health](#)

[US Army Center for Health Promotion and Preventive Medicine](#)

[Suicide Prevention Action Network USA](#)