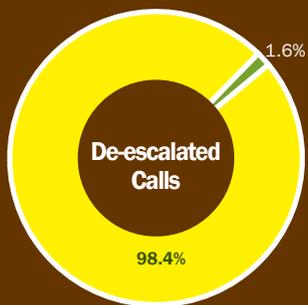


## About Us

There is a growing need as more veterans look for help for their emerging challenges. We provide hope for veterans who are feeling alone and missing their battle buddies.

**We are here to help them be successful.**



- Rescue Needed
- De-escalated Call

A rescue is performed when a caller cannot agree to a safety plan and emergency care professionals are asked to intercede.

“ As leaders we have to let people know that it’s OK to say ‘Please help me.’ ”

Sergeant First Class Mike Lavigne US Army



Preventing Substance Abuse & Suicide

Lines for Life is a regional nonprofit promoting healthy kids and communities through drug and alcohol awareness, prevention programs, and 24-hour Crisis Lines for treatment referrals, suicide prevention, as well as support for military members, Veterans and their families.

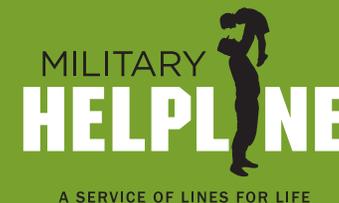
5100 SW Macadam Avenue, Suite 400  
Portland, Oregon 97239-3854  
503.244-5211 | info@linesforlife.org  
www.linesforlife.org



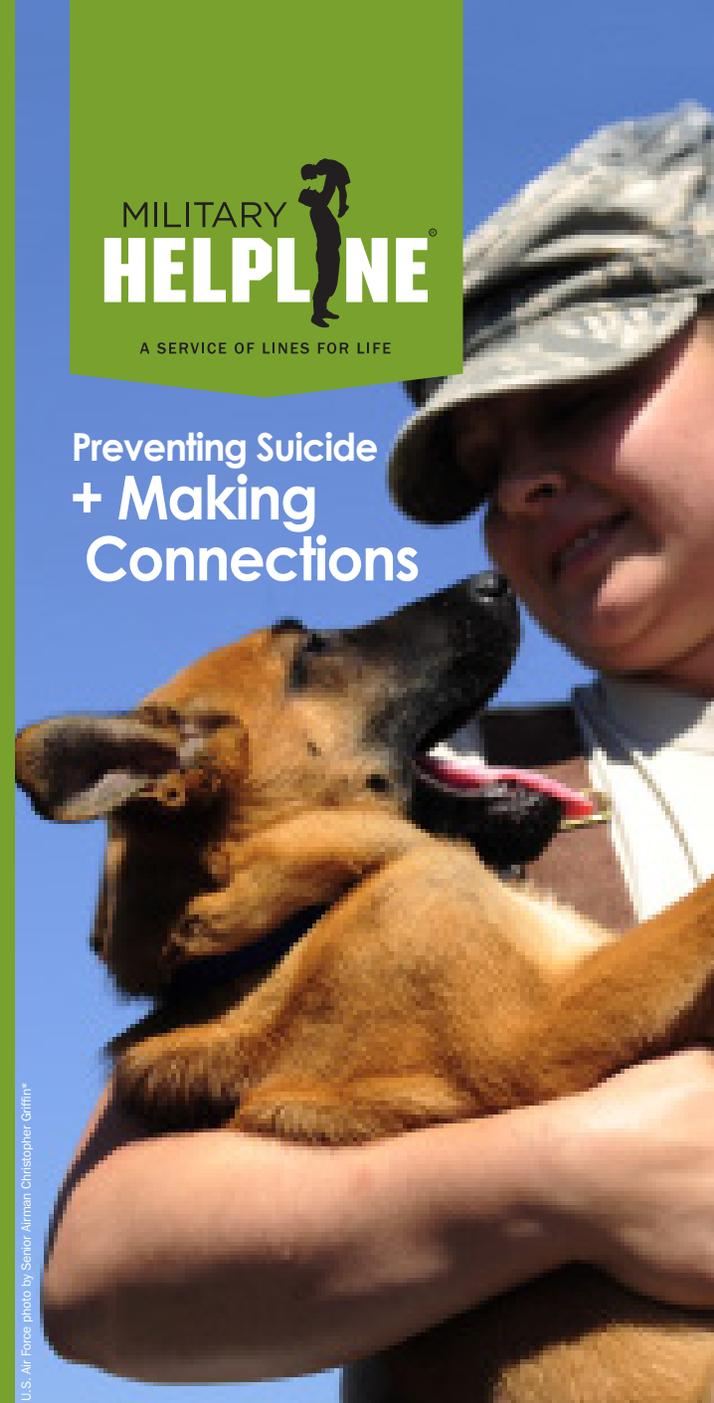
## THE MILITARY HELPLINE

Free + Confidential. 24/7/ 365  
MilitaryHelpline.org  
**888.457.4838**  
971.230.5555  
Text **MIL1** to 839863

\*Use of military imagery does not imply or constitute endorsement of Lines for Life, its products, or services by the U.S. Department of Defense



## Preventing Suicide + Making Connections



U.S. Air Force photo by Senior Airman Christopher Griffin\*

« **FREE + Confidential. 24/7/365.** »  
**888.457.4838 | MilitaryHelpline.org**  
Text **MIL1** to **839863**



A SERVICE OF LINES FOR LIFE

“ I know firsthand how isolating the civilian world can be. I wish I knew about the Military Helpline ten years ago when I was in the midst of that struggle and all alone. **Once I finally found the courage to reach out for help, it was the best decision I ever made.**

I now get to offer hope to others. ” Matt K. Army Combat Medic, Iraq War Veteran, Military Services Coordinator



## Our Mission

REAL-TIME SUPPORT  
24/7/365



Our mission is to provide immediate and confidential support 24/7/365 to service members, veterans and their families in Oregon and beyond.

We are independent of any branch of the military or government. The result is all conversations can remain completely anonymous, and the service member or family member can talk with us without fear of repercussions.

We provide around-the-clock, real-time counseling and crisis intervention for veterans of all eras, current service members and their families.

## Our Stories

- A caller informed our crisis line counselor that he had a weapon and was planning on killing himself. The counselor, an Iraq War vet, developed a rapport with the caller and, by the end of the conversation the clip was out of the gun, the gun was locked up, and the caller had a safety plan in place. A follow-up conversation confirmed his well-being.

“ I had no idea what to do or where to go. **Thank you for being there.** ”

- A veteran contacted us and disclosed that he had decided to kill himself with pills that day. Over the course of two hours our team was able to get him to safety and into a treatment center.

“ The veteran told me in a very calm voice that when the call was over, he planned to pick up the gun sitting on the table in front of him and kill himself.

I quickly established that the caller was, like me, was a former Vietnam era military pilot, serving in some of the same areas. When this strong bond was established even more connections were found. Both the caller and I were car enthusiasts and by some ‘miracle,’ both collected Corvettes.

I heard a change in the caller’s voice as he moved from seeking death to seeking life with his family. He told me that our bond is what had triggered his desire to live. This call saved a life, changed my life, and was just one of many coming into the Military Helpline every day. ”

Lt. Colonel Tom Milligan, USAF, Retired, Military Helpline Volunteer



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Photo courtesy of The Day

