



## Preventing Suicide + Making Connections

Free. Confidential Help 24/7. 365.

A Veteran takes their life

EVERY  
**65**  
MINUTES

Department of Veterans Affairs

In 2012, service members took their own lives at a rate of approximately

ONE EVERY  
**25**  
HOURS

U.S. Department of Defense

A SERVICE OF:  
**Lines for Life**  
Preventing substance abuse  
and suicide

## A Unique Service for Military Personnel, Vets and their Families

The Military Helpline is a service of *Lines for Life*, a nonprofit that has been preventing alcohol and drug abuse, and suicide since 1993. Though we work in partnership with them, we are independent of any branch of the military or government. The result is *all conversations can remain completely anonymous*, and the service member, veteran or family members can talk with us without fear of repercussions.

The Military Helpline is staffed 24/7/365 by veterans and professional volunteers trained in military culture. We assist all active duty service members, veterans and their families with concerns including alcohol and drug abuse, domestic problems, financial difficulties, job challenges, emotional distress, Post Traumatic Stress, thoughts of suicide and other challenges.

It's an act of courage to ask for help when you need it.

You served courageously, now choose to get the help you deserve.

“ I had no idea what to do or where to go.  
I was afraid to call my friends.

I am so glad I called and you answered.

Thank you for being there.”





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# About the Military Helpline

>> 20 percent of suicides in the US are Veterans.  
That's an average of 22 a day.

>> 2012 Active Duty Deaths

American Military combat deaths : **295**

American Military Suicides: **349**

Total Military-Related Calls  
from 2009 to 2013:

**18,561**

**STIGMA:**

**43%**

of service members who  
took their own lives in 2010  
**did not seek help**  
from military treatment  
facilities in the month  
before their deaths

DOD Suicide Event Report

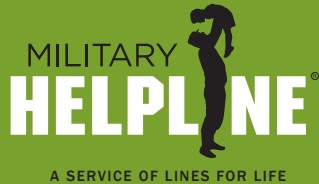
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“ That’s ingrained in you from the first day in the Army.  
To say ‘I’m hurt’ or ‘I need to see someone’ shows that  
you’re weak or that you are admitting weakness – and  
nobody wants to do that. As leaders we have to let  
people know that it’s OK to say ‘Please help me.’ ”

Sergeant First Class Mike Lavigne US Army

Sources: Army National Guard | Department of Veterans Affairs | Department of Defense

**militaryhelpline.org | 888.457.4838 | Text “MIL1” to 839863 | 971.230.5555**



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# About Our Organization

For twenty years Lines for Life has been preventing substance abuse and suicide. We do that in three specific areas:

### Crisis Lines

Lines for Life's highly trained staff and volunteers respond to about 35,000 calls a year on our free 24-hour crisis lines:

- **Alcohol and Drug HelpLine:** Drug and alcohol treatment referral for individuals and family members  
800-923-HELP (4357)
- **Suicide Line:** Each month Lines for Life responds to approximately 1,500 callers who are considering suicide or are suicidal at the time of their call. We de-escalate 98 percent of those calls.  
800-273-TALK (8255)
- **Military Helpline:** Confidential resource for military service members, veterans and their families dealing with issues including access to benefits, anger, alcohol and drug abuse, post traumatic stress and thoughts of suicide. 888-457-4838  
Text assistance also available by texting MIL1 to 839863
- **YouthLine:** For teens, staffed by teens who are trained to listen and not judge callers. Issues include bullying, relationships, substance abuse, self-harm and others. Telephone 877-YOUTH-911 (968-8491) chat online at [www.oregonyouthline.org](http://www.oregonyouthline.org) or text teen2teen to 839863

### Education + Training

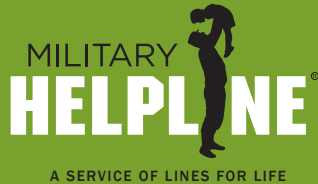
The Lines for Life staff works closely with schools, parents, treatment professionals, law enforcement and the military. We offer training in Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST) and SafeTALK as well as customized trainings around crisis intervention.

### Public Policy Advocacy

Lines for Life works with national and state lawmakers on legislation. We are recognized as a leader in fighting prescription drug abuse and have helped shape national policy on substance abuse and suicide.

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# History of the Military Helpline

In 2009, the Oregon National Guard approached Oregon Partnership *Lines for Life* for assistance in creating a safety net for service members who are geographically dispersed. They described a deep need for “a friendly, open door not affiliated with the military” to help service members. Responding to this request, *Lines for Life* launched its Military Helpline in May 2010. The Military Helpline is staffed with veterans of the Iraq, Afghanistan and Vietnam wars. *Lines for Life* has also developed specialized training in suicide ideation as well as military culture for our civilian phone counselors, supervisors and families. We provide around-the-clock, real-time counseling and crisis intervention for veterans of all eras, current service members and their families.

Serving the region, *Lines for Life* reaches rural populations where suicide risk is high due to distance, isolation and lack of military support services. In addition, we serve military members, veterans and families in urban and suburban communities.

The *Lines for Life* staff is certified as “trainers of trainers” in suicide prevention, Post Traumatic Stress, mental health and addiction. We can offer valuable suicide prevention training to families, organizations and communities throughout the region.

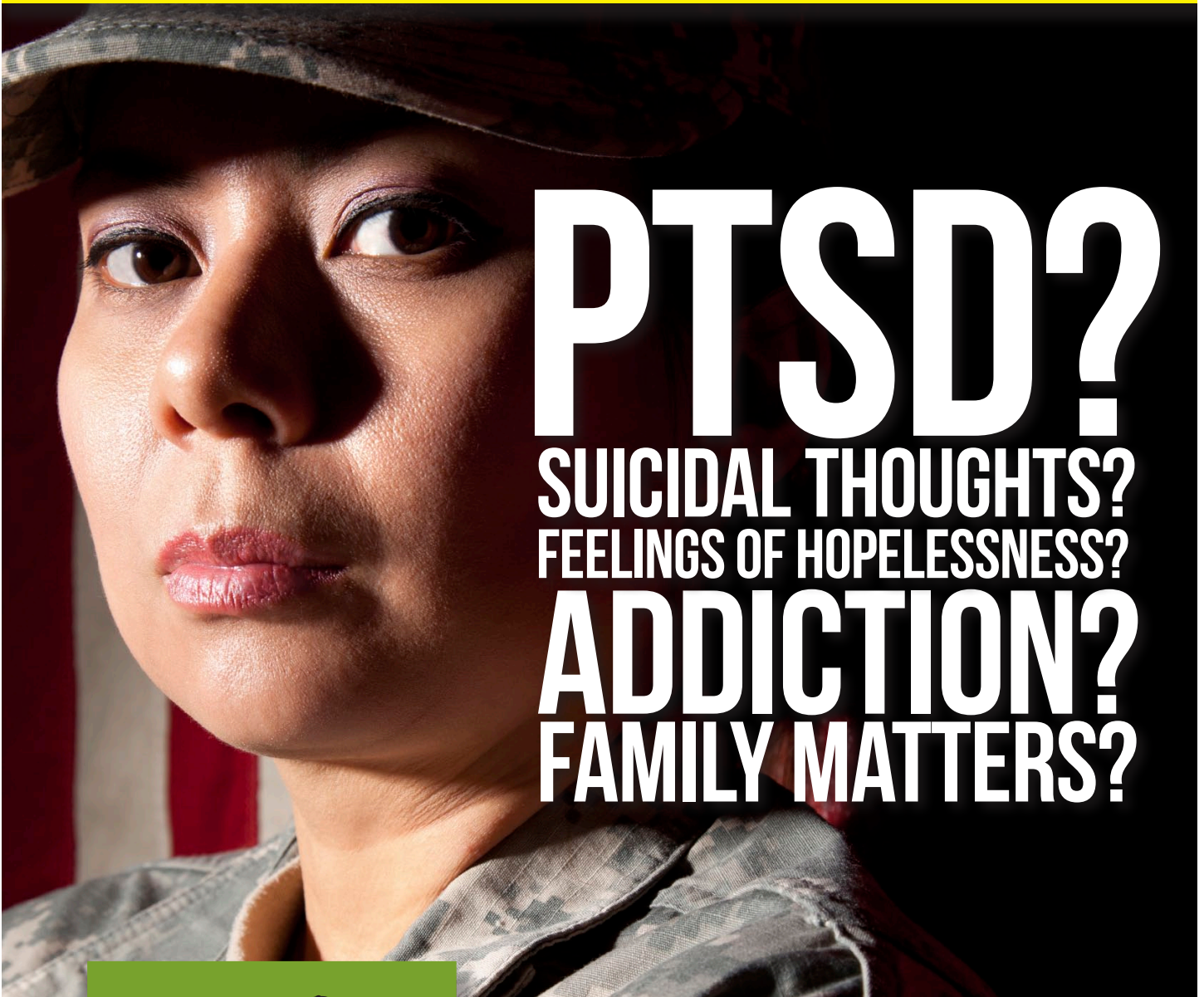
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“ This line is a critical resource for all of our military, veterans and their families. I strongly support Oregon Partnership (*Lines for Life*)’s efforts on behalf of our military and veterans. ”

Governor John A. Kitzhaber, MD

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# PTSD?

SUICIDAL THOUGHTS?  
FEELINGS OF HOPELESSNESS?  
ADDICTION?  
FAMILY MATTERS?



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

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