

# Keep Yourself and Other Veterans Safe from Overdose

Veterans face unique risks when it comes to substance use and overdose. We need your leadership to help reduce the impact of substance use and decrease the risks of overdose for those you served alongside. When you talk to others about the risks and support them in recovery, it helps keep everyone healthy and safe.

## Where to Find Help

Contact these sources right now if you or another veteran needs help for substance use or mental health concerns.

-  **Veterans Crisis Line**  
(800) 273-8255, then press 1
-  **2-1-1** (health and social services)  
Dial 2-1-1
-  **Connecticut Department of Mental Health and Addiction Services** - (800) 563-4086
-  **National Suicide Prevention Lifeline**  
(800) 273-TALK (8255)
-  **National Alliance on Mental Illness Helpline**  
(800) 950-NAMI (6264)
-  **SAMHSA's National Helpline**  
(800) 662-HELP (4357)

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