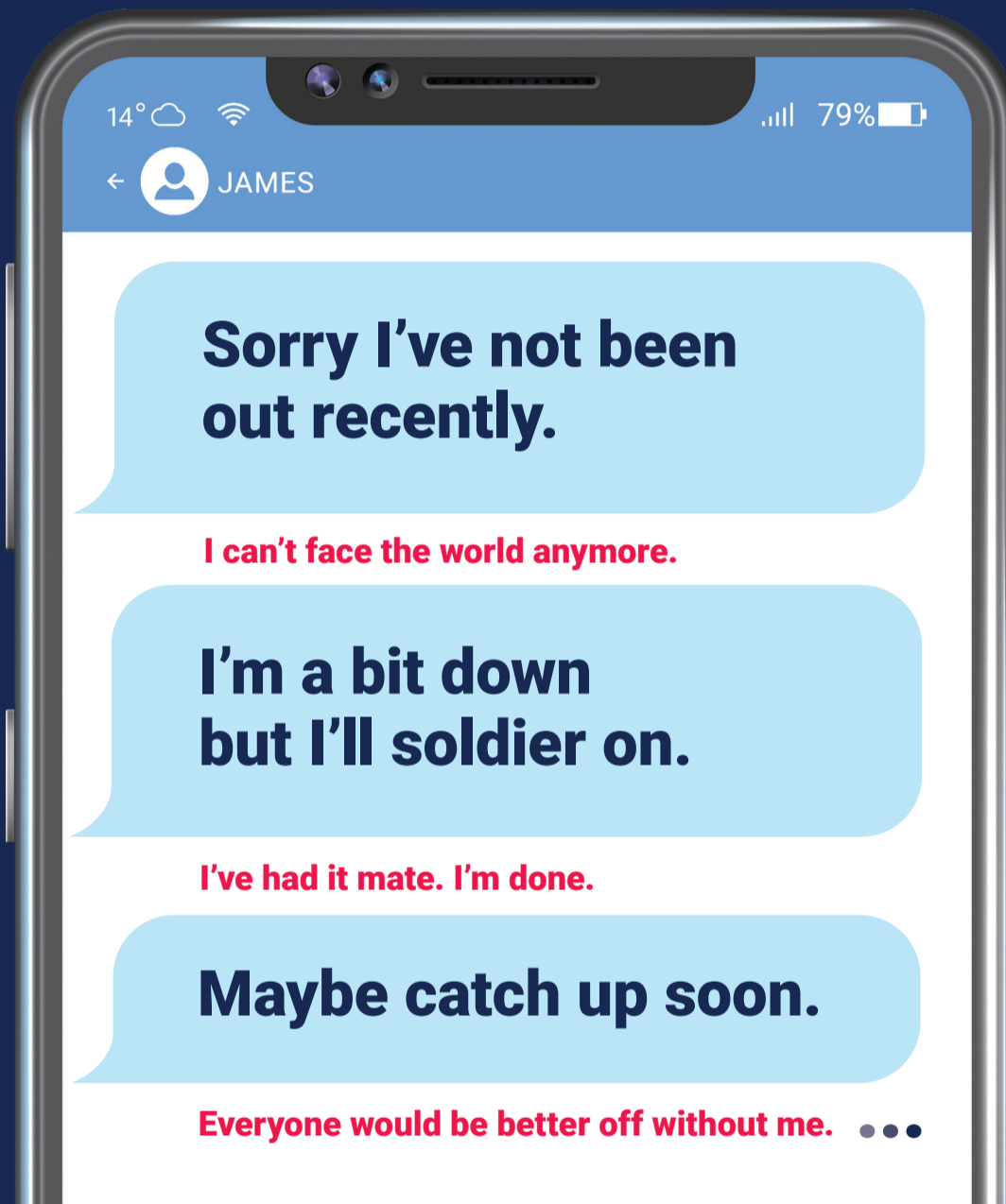


READ between the LINES

1 in 3 veterans have felt suicidal in their lifetime.*



Could you read between the lines?

**We're on a mission to create
suicide-safer communities for veterans.**

Take our free 30-minute suicide awareness training.
Visit helpforheroes.org.uk/betweenthelines



**HELP for
HEROES**

*Research conducted by YouGov Plc into mental health and suicide in the GB adult population and the Armed Forces Community. July 2022, total sample size of 8346 adults.