

How to promote WE GOT YOU

Make crisis resources visible at Chapter meetings, rides, events, websites, newsletters, and social media. Invite Veterans, family members, and community partners to participate.

Chapter-ready ideas

- Host a WE GOT YOU awareness or training event.
- Conduct regular Buddy Checks and personal follow-up.
- Post 988 information where members gather.
- Invite a VA suicide prevention professional or certified QPR instructor.
- Share accurate resources and success stories.

Training note

This brochure is an awareness and field-reference tool. It does not replace official VA instruction, QPR, ASIST, Mental Health First Aid, clinical care, or emergency response.

VETERANS CRISIS LINE

CALL 988 • PRESS 1

TEXT 838255

IMMEDIATE DANGER: CALL 911



WE CAN ALL SAY

WE GOT YOU



WE GOT YOU

AMVETS RIDERS NATIONAL PROGRAM

SCAN TO LEARN MORE



**No rider left behind.
No veteran left alone.**



NOTICE • ASK • STAY • CONNECT

A practical guide to recognizing concern, starting a direct conversation, and connecting a Veteran with qualified help.

CALL 988 • PRESS 1



AMVETS RIDERS • WE GOT YOU • ACROSS AMERICA

HOW YOU CAN SAY “WE GOT YOU”

Every Rider, Veteran, family member, and community partner can help create a culture where asking for help is treated as strength.

We raise awareness, notice meaningful changes, ask the question others may avoid, stay when the answer is difficult, and connect people with qualified help.

The direct question

“Are you thinking about suicide?”

Asking directly does not put the idea in someone’s head. It opens the door to an honest conversation and possible help.

STAY CALM. LISTEN.

DO NOT PROMISE SECRECY.

DO NOT LEAVE IMMEDIATE DANGER ALONE.

How Riders and families can participate

- Talk honestly about how you are feeling.
- Ask for help when you need it.
- Check on Veterans, Riders, friends, and family members.
- Listen without judging, arguing, or minimizing.
- Save 988 and text 838255 in your phone.
- Take WE GOT YOU training and a certified course such as QPR.

Warning signs to notice

- Talking about wanting to die, being a burden, or having no reason to live.
- Withdrawing, saying goodbye, giving away possessions, or using more alcohol or drugs.
- Extreme mood changes or a sudden calm after depression.

How Chapters can participate

- Build Buddy Checks and personal follow-up into Chapter culture.
- Train volunteers to notice, ask, stay, connect, and follow safety procedures.
- Keep current VA, Vet Center, county, and community contacts available.
- Host awareness events and invite qualified instructors.
- Support Veterans and families before, during, and after crisis or loss.

How community partners can help

- Share accurate 988 and Veterans Crisis Line resources.
- Partner with AMVETS Riders on education and awareness events.
- Help reduce isolation and strengthen belonging.