



*Don't wait.*  
**Reach out.**

## “Metallica & Veteran Crisis Prevention” :60

[**James Hetfield**] Suicide is preventable. And each of us has a role to play in suicide prevention

[**MUSIC**]

[**On screen**] Suicide is preventable. For Veterans who may be struggling there is hope.

[**Robert Trujillo**] Suicide is complex — there is no single cause.

[**James Hetfield**] And it's not always a mental health issue. It could be loss of a job or home, financial, or relationship issues, pain, or leaving the military.

[**Robert Trujillo**] Suicide does not discriminate. It affects all ages, races, and genders. Veterans or not.

[**James Hetfield**] If you know a Veteran who is struggling — connect with them, let them know that help is available.

[**Robert Trujillo**] There is quick and easy access to services in times of crisis.

[**James Hetfield**] Dial 988, then press one. Talking about it is okay.

[**Robert Trujillo**] Don't keep it inside. Don't be ashamed. Don't wait. Reach out.

**Find resources at [VA.GOV/REACH](https://www.va.gov/reach).**



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