

# BE THE ONE

## TRAINING 2024

The American Legion Department of Maine is announcing training dates for the BE THE ONE initiative, a campaign aimed at reducing the rate of veteran suicide. The American Legion is leading a nationwide effort — “Be the One”— to eliminate the stigma related to mental health treatment, and in turn, lower the number of veterans who die by suicide every day.

The number of veterans who die by suicide every day is estimated at between 17 and 22. The American Legion has elevated Be the One to be its top priority, empowering veterans, servicemembers, their family members and civilians to act appropriately when a veteran may be at risk. This training intends to bring more awareness to the problem while providing resources to those who may be able to help save the life of a veteran.

**Training Location:** Department of Maine Training Room, 5 Verti Drive, Winslow, ME 04901.

### 2024 Training Dates:

**January 27<sup>th</sup>**

**March 30<sup>th</sup>**

**May 25<sup>th</sup>**

**July 27<sup>th</sup>**

**September 28<sup>th</sup>**

**November 30<sup>th</sup>**

For more details on the **Be The One** campaign: visit: [betheone.org](https://betheone.org)

# BE **THE** ONE

TO **ASK** VETERANS IN YOUR LIFE  
HOW THEY ARE DOING

TO **LISTEN** WHEN A VETERAN  
NEEDS TO TALK

TO **REACH OUT** WHEN  
A VETERAN IS STRUGGLING

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To Reserve Your Spot Email: [jason@mainelegion.org](mailto:jason@mainelegion.org)