

BE THE ONE

TRAINING 2025

The American Legion Department of Maine is announcing 2025 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.

2025 Training Dates:

February 15

April 19

August 16

October 18

December 20

**There is potential for training to be conducted at your Post, Unit, or Squadron. 20 student minimum (can include Legion, Sons, Auxiliary, First Responders, community members, etc.)*

Contact betheonedeptme@gmail.com for more information.

For more details on the **Be The One campaign visit: 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



To Reserve Your Spot Email: betheonedeptme@gmail.com