



“I  
KNOW  
HOW  
IT FEELS ...”

to love a memory.”

**MY SOLUTION...** When there was nothing more we could do to save my Soldier, I cried until I thought there were no more tears. More tears have fallen in the days and months since I lost Jamie, but today they are outnumbered by smiles when I remember the man who took care of people better than anyone I have ever known. Staying connected to my Army family and caring for ‘Jamie’s Soldiers’ gets me through even the dark days. I honor Jamie’s memory every day and live every moment because my Soldier cannot.

You are not alone. We Stand as



LET US HELP

• 24-Hour Chaplain Hotline: 785 239 HELP (4357)  
• Behavioral Health: 785 239 7291

• Army Community Service: 785 239 9435  
• Suicide Prevention Text Line: 838255

• Fort Riley Military Police: 785 239 6767  
• Suicide Prevention Lifeline: 800 273 TALK (8255)