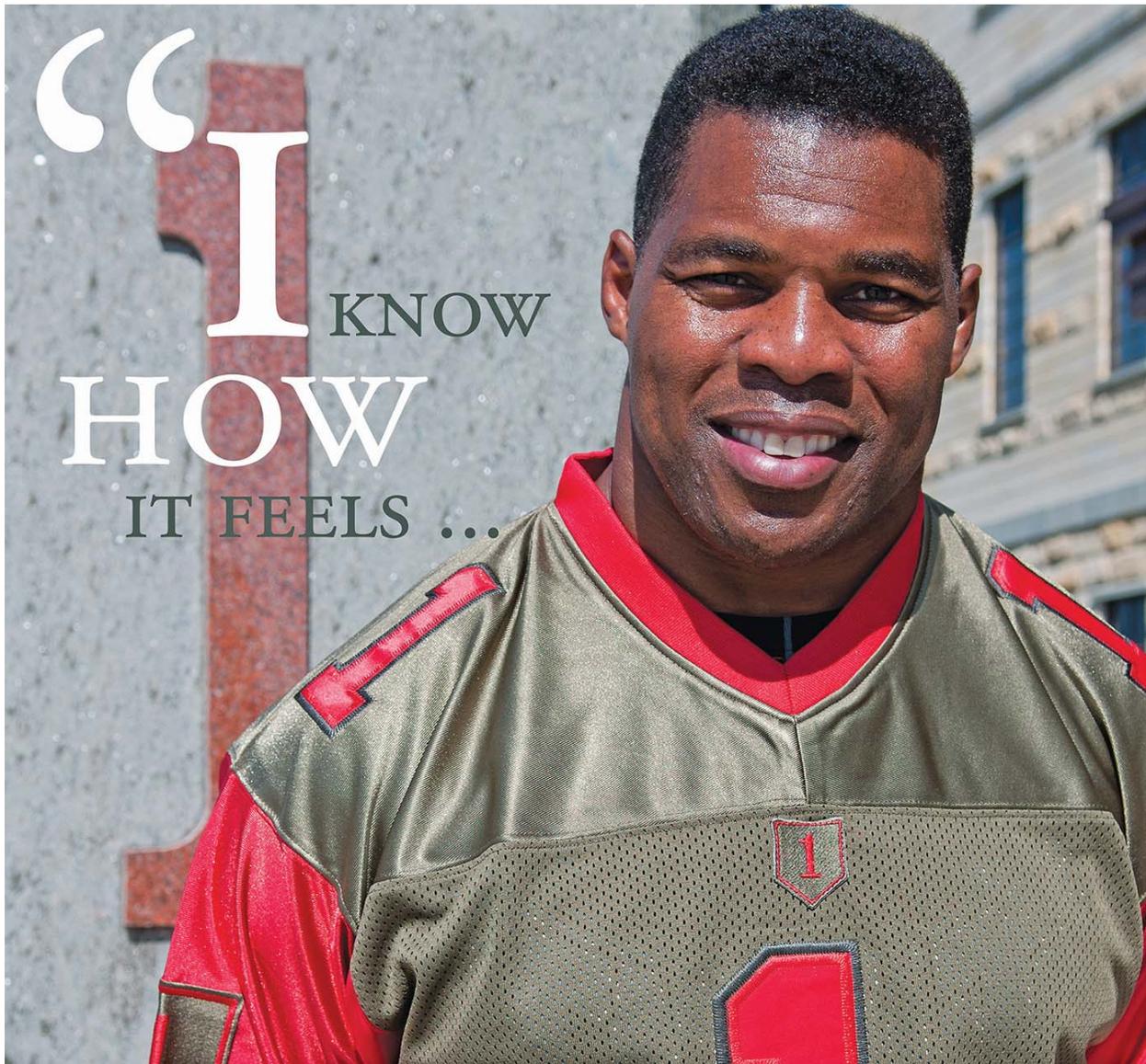


“**I** KNOW
HOW
IT FEELS ...”



to be in that dark place when you're all alone —
when you've lost all your friends and feel like nobody understands.”

MY SOLUTION... I used to play Russian roulette in my dark times. Even as a Heisman Trophy winner and former NFL star, I know you need to ask for help. I know how it feels to have the strength to not pick up that gun and to know that you are going to get better. I've lived through those dark times.”

LET US HELP

You are not alone. We Stand as 

- 24-Hour Chaplain Hotline: 785 239 HELP (4357)
- Army Community Service: 785 239 9435
- Fort Riley Military Police: 785 239 6767
- Behavioral Health: 785 239 7291
- Suicide Prevention Text Line: 838255
- Suicide Prevention Lifeline: 800 273 TALK (8255)