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Dear Friend,

September was National Suicide Prevention Month, but I believe every month should be focused on preventing suicides. There's no substitute to the power of relationships, and our veterans especially need to hear from us. Helping someone feel included, supported and loved can make a big difference.

So reach out to the veterans in your life. Remind them: there is always hope.

Feel free to share the following video I recorded to help spread the word about suicide awareness and prevention:



(Click picture to watch video)

Facebook:

<https://www.facebook.com/RepHultgren/videos/1389895541038624/>

YouTube: <https://youtu.be/46DosJ1h2go>

Twitter: <https://twitter.com/RepHultgren/status/781895285689741312>



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