



## SUPPORT VETERANS IN YOUR LIFE

We can all play a role in preventing suicide: Your actions could help save a life. Here are simple ways to support a Veteran or Servicemember in your life or your community who may be going through a difficult time:

## **Learn About Resources**

- Call the <u>Veterans Crisis Line</u>: If a Veteran you know is immediately at risk for suicide, call 1-800-273-8255 and Press 1, chat online at <u>VeteransCrisisLine.net/Chat</u>, or text to 838255 for free, 24/7 confidential support.
- Share a self-check quiz: Help a Veteran assess whether mental health treatment would be beneficial by sharing the link to www.VetSelfCheck.org.
- Help a Veteran facing homelessness: Connect a Veteran with support by contacting the National Call Center for Homeless Veterans at 1-877-424-3838.
- Support a Veteran experiencing a substance use disorder: If you are concerned a Veteran you know may be misusing alcohol, opioids, or other drugs, encourage them to take a confidential assessment and learn about effective treatments at <u>www.mentalhealth.va.gov/</u> substanceabuse.asp.
- Find local resources: Locate mental health treatment and services near you at <u>VeteransCrisisLine.net/</u> <u>ResourceLocator</u>.

## Spread the Word in Your Community

- Share videos of real Veterans: Visit <u>MakeTheConnection.net</u> to watch and share videos of Veterans and their loved ones sharing their stories of overcoming mental health challenges.
- Download and share materials: Visit
  <u>VeteransCrisisLine.net/SpreadTheWord</u> to get flyers, social media content, newsletter articles, and more to share with your networks and in your community.
- Host a suicide prevention training: Contact your local Suicide Prevention Coordinator to schedule a training for your organization and obtain mental health information and materials at <u>VeteransCrisisLine.net/</u> <u>ResourceLocator</u>.
- Organize community events: Bring together local mental health experts and clinicians to share information and educate your community about VA mental health resources. Download our community outreach toolkit at www.va.gov/nace/docs/ myVAoutreachToolkitPreventingVeteranSuicidels EveryonesBusiness.pdf.
- Volunteer together: Staying involved in the community can help Veterans feel less alone. Contact VA Voluntary Service to find opportunities in your area at www.volunteer.va.gov.

## **Start the Conversation**

- Learn to recognize the warning signs of suicide risk: Visit VeteransCrisisLine.net/SignsOfCrisis.
- Talk openly about suicide: Let a Veteran know you're there, you care, and you're ready to listen. Learn more at <u>VeteransCrisisLine.net/StartTheConversation</u>.
- **Connect with Coaching into Care:** Help a Veteran's family member or friend learn constructive ways to talk with a Veteran about their concerns and treatment options. Call **1-888-823-7458**.
- Learn about gun safety: Visit VeteransCrisisLine.net/GunSafetyVideo and share this gun safety video to raise awareness of simple actions that can save lives.