

**VA**



U.S. Department  
of Veterans Affairs

# VA S.A.V.E. Training

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*VA Office of Mental Health and Suicide Prevention  
(OMHSP)*

*Suicide Prevention Program*

## Before We Begin:

- Suicide is an intense topic for some people.
  - If you need to take a break, or step out, please do so.
  - Immediate Resources:
    - National Suicide Prevention Lifeline: 1-800-273-8255 or 988
      - Service members and Veterans: Press 1 to connect with the Veterans Crisis Line.

# Overview

- Objectives
- Facts about Veteran Suicide
- Common Myths vs. Realities
- VA S.A.V.E. Steps
- Resources

# Objectives

**By participating in this training, you will:**

- Have a general understanding of the scope of Veteran suicide within the United States.
- Know how to identify a Veteran who may be at risk for suicide.
- Know what to do when you identify a Veteran at risk.

# Facts About Veteran Suicide

# Suicide is a National Public Health Problem

- Suicide is a national issue, with rising rates of suicide in the general population.
- For every death by suicide, approximately 135 individuals are impacted.

# Suicide is a Complex Issue with No Single Cause

- Suicide is often the result of a complex interaction of risk and protective factors at the individual, community, and societal levels.
- Risk factors are characteristics that are associated with an increased likelihood of suicidal behaviors. Protective factors can help offset risk factors.
- To prevent Veteran suicide, we must maximize protective factors while minimizing risk factors at all levels, throughout communities nationwide.

# Risk Factors

## Psychological

- Current suicidal ideation and the availability of means of self-harm, e.g., firearms
- Prior suicide attempt(s)
- Current mental health conditions, e.g., mood disorders and substance use disorders
- Current mental health symptoms, e.g., agitation, hopelessness, insomnia
- Prior mental health hospitalizations

## Social

- Stressful life events, e.g., loss of a relationship, illness of a family member, death of a loved one
- Financial problems, e.g., unemployment, excessive debt, unstable housing
- Legal problems, e.g., criminal charges
- Lack of social support, e.g., geographic isolation, poor interpersonal relationships

## Biological

- Traumatic Brain Injury
- Chronic pain
- New diagnosis of a major illness
- Worsening medical illness/Increased functional limitation



**Goal:** Minimize risk factors and boost protective factors

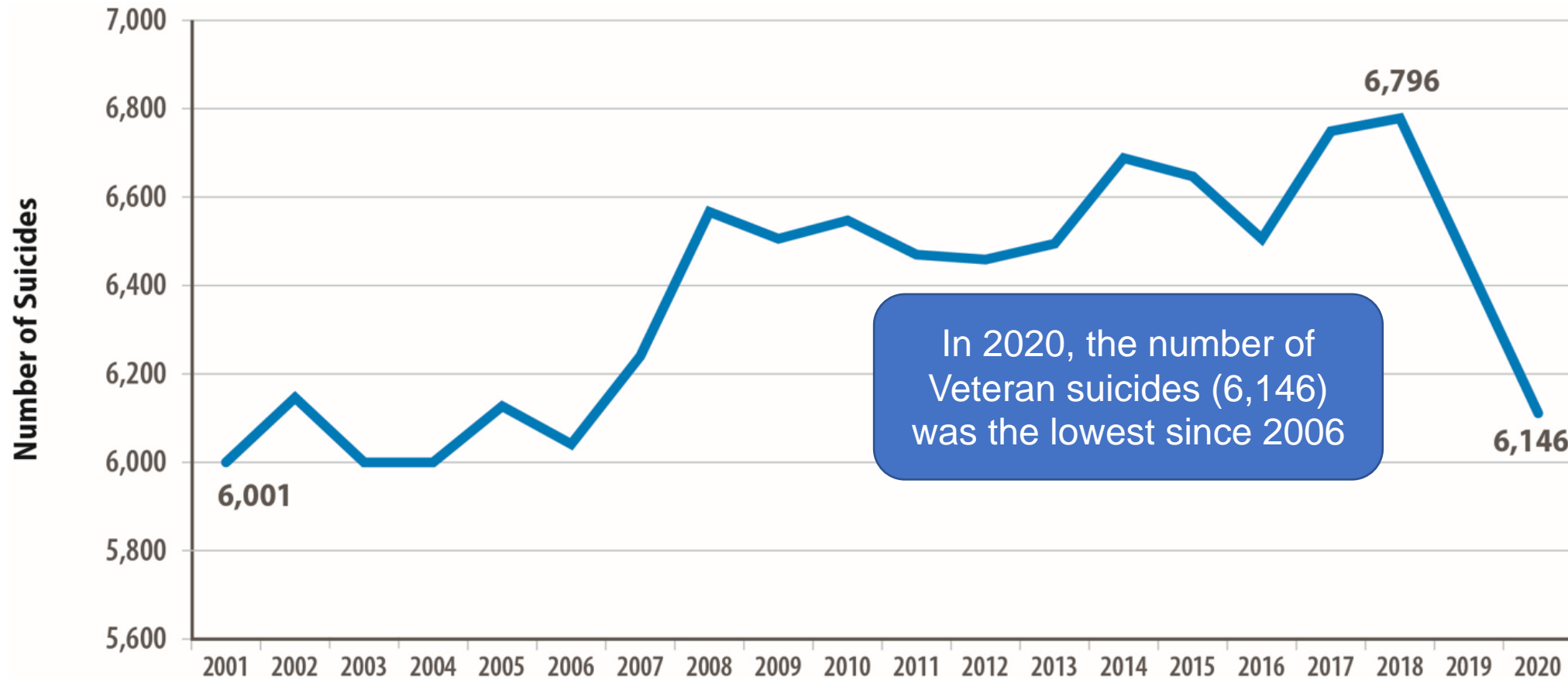


# Protective Factors

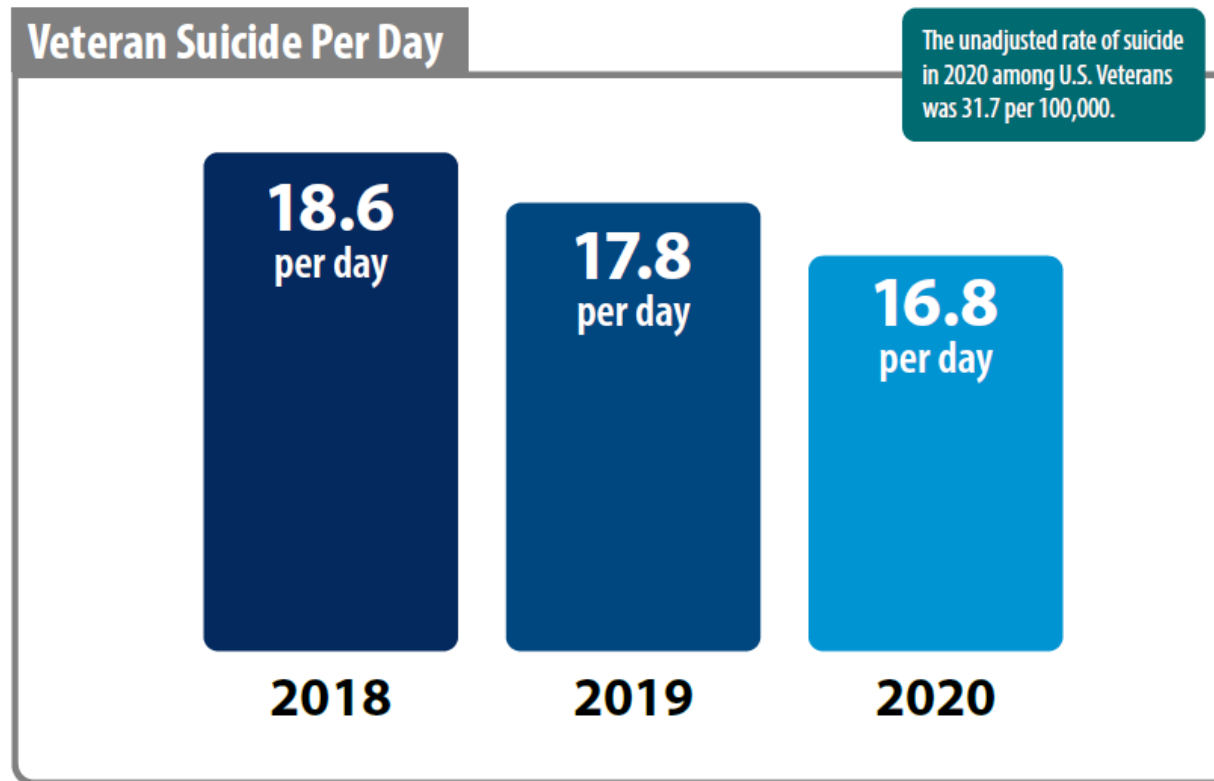
- Access to mental health care
- Sense of connectedness
  - Perceived social support
- Problem-solving skills
- Sense of spirituality or religiosity
- Mission or purpose
  - Responsibilities to family, children, animals
- Physical health
- Employment
- Social and emotional well-being
- Future oriented

# 2022 National Veteran Suicide Prevention Annual Report Data

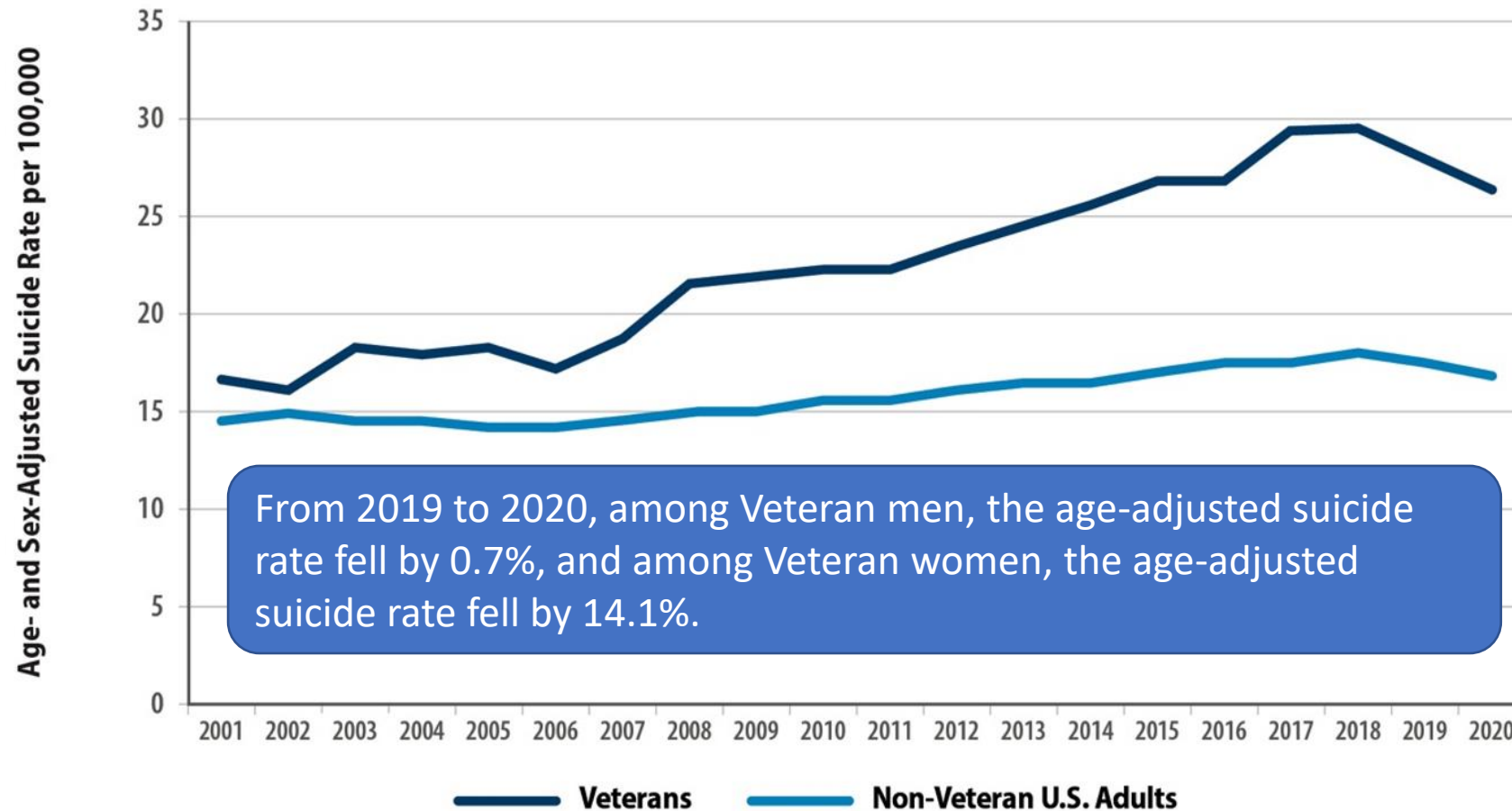
# Veteran Suicide Deaths, 2001-2020



# Veteran Suicide Per Day 2018-2020

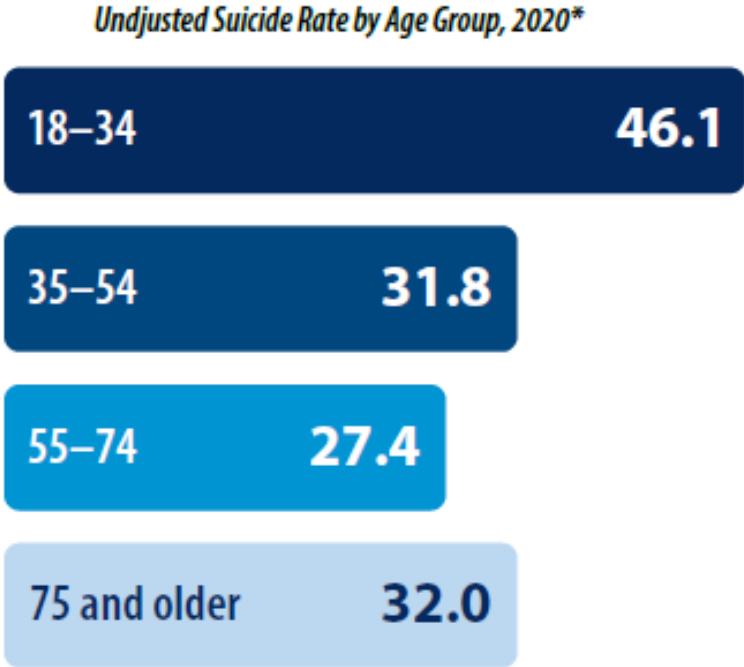
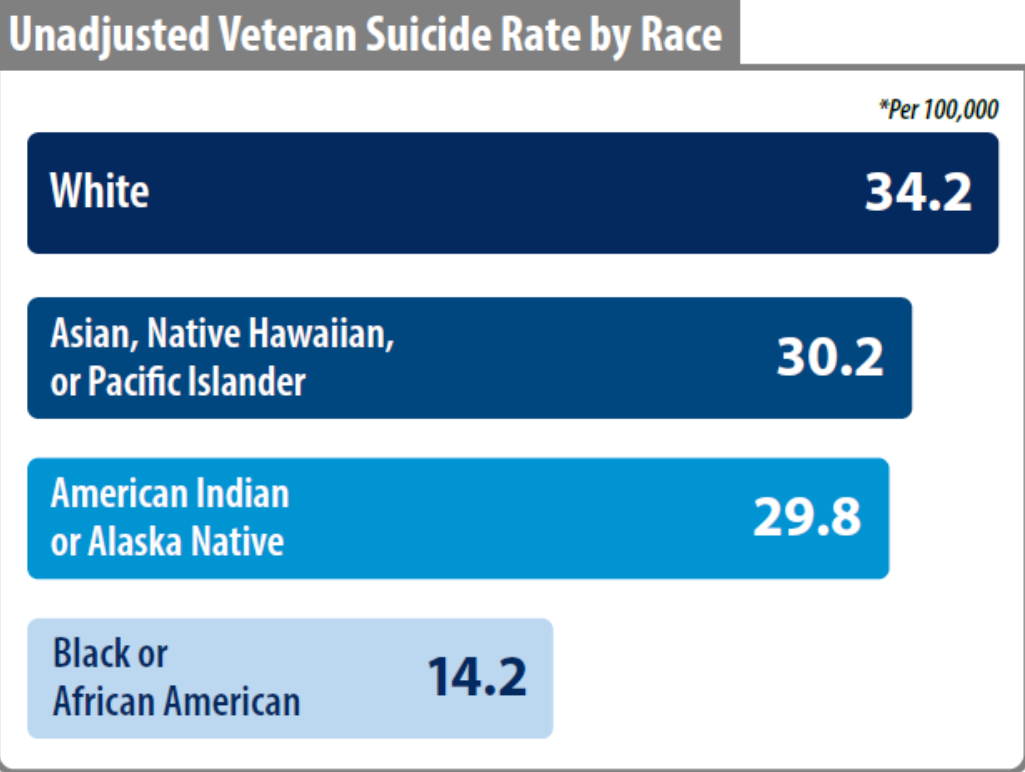


## Age and Sex-Adjusted Suicide Rates, Veterans and Non-Veteran US Adults, 2001-2020



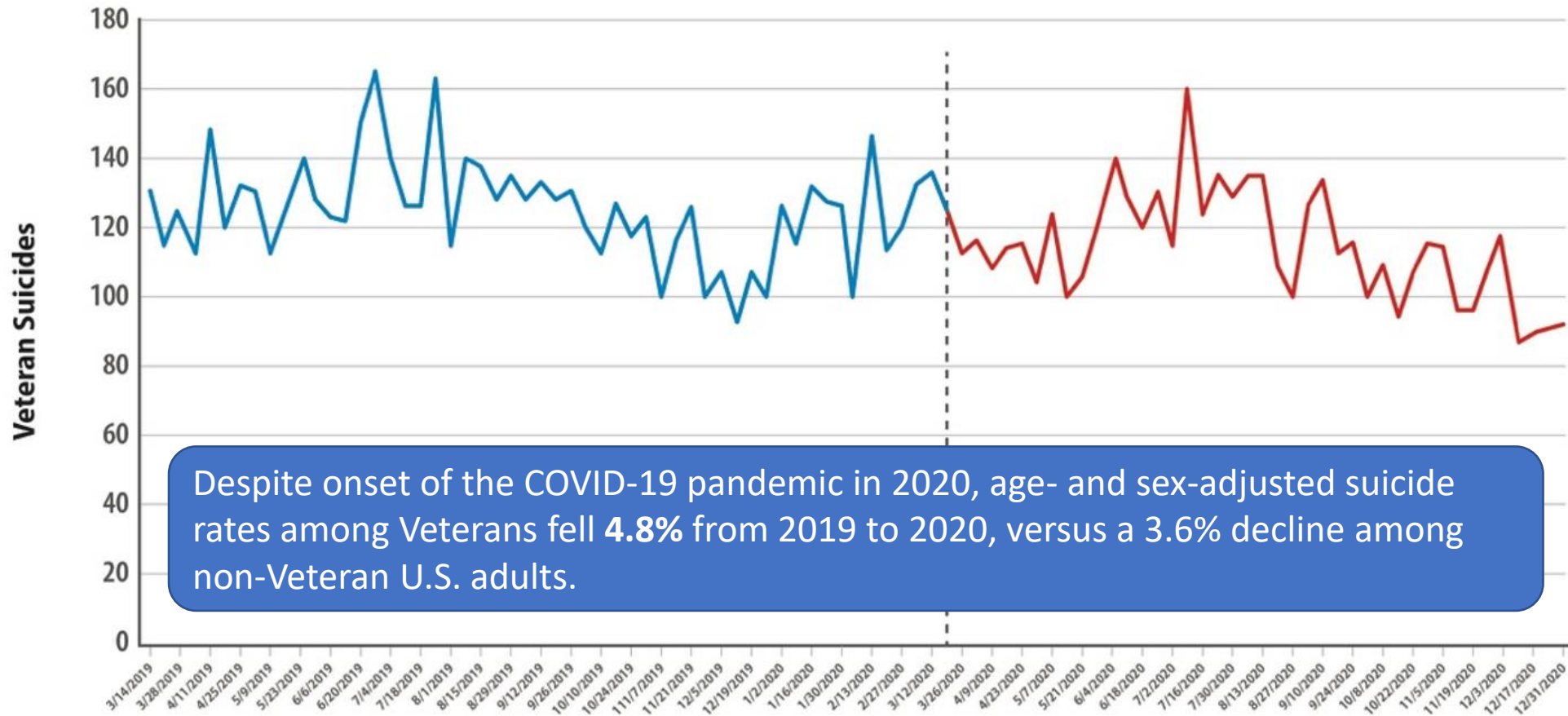
# Unadjusted Veteran Suicide Rates, By Race and Age, 2001-2020

Suicide rates were highest for younger Veterans.



*\*Per 100,000*

# Veteran Suicide Deaths, By Week, 12 Month Prior to Onset of the COVID-19 Pandemic, Through 2020



Despite onset of the COVID-19 pandemic in 2020, age- and sex-adjusted suicide rates among Veterans fell 4.8% from 2019 to 2020, versus a 3.6% decline among non-Veteran U.S. adults.

# Anchors of Hope

While we embrace these **anchors of hope**, hope must be transformed into action with each of you.



**343 fewer** Veterans died from suicide in 2020 than in 2019.



Number of Veteran suicides **decreased in 2019 and 2020**, with the lowest number of Veteran suicides since 2006.



Age-adjusted suicide rates in 2020 were the **lowest since 2016 for Veteran men** and the **lowest since 2013 for Veteran women**.



From 2018 through 2020, adjusted rates for Veterans **fell by 9.7%**, as compared to a 5.5% decline for non-Veteran U.S. adults.



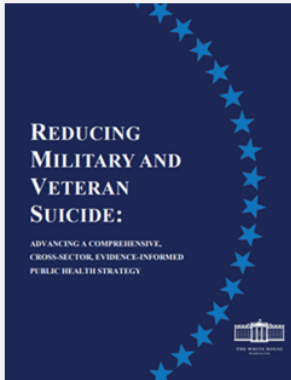
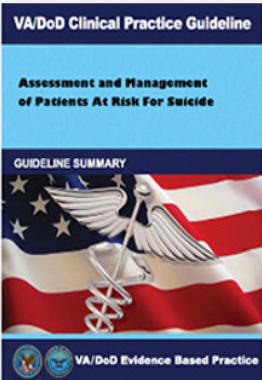
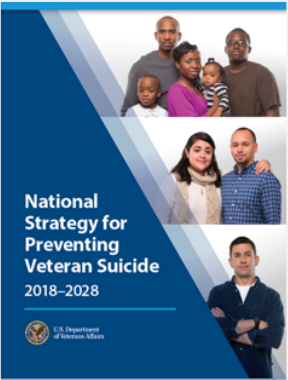
Despite onset of the COVID-19 pandemic in 2020, age- and sex-adjusted suicide rates among Veterans **fell 4.8%** from 2019 to 2020, versus a 3.6% decline among non-Veteran U.S. adults.



# Key Points: Strategic Direction-Public Health Approach

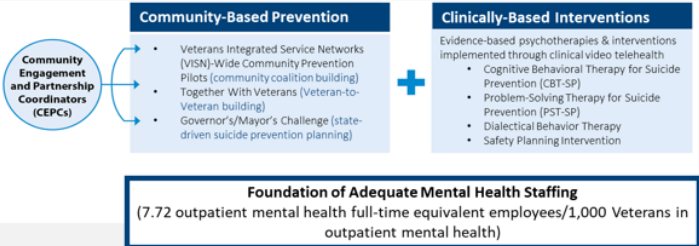
## VA's Top Clinical Priority: Suicide Prevention

Data from the *National Veteran Suicide Prevention Annual Report* informs VA's strategic efforts, which are guided by the National Strategy for Preventing Veteran Suicide (2018), VA/DoD Clinical Practice Guideline (2019), and White House Strategy on Reducing Military and Veteran Suicide (2021).



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### SP 2.0



### SP Now

- Plank 1: Lethal Means Safety
- Plank 2: Suicide Prevention in Medical Populations
- Plank 3: Outreach and Understanding of Prior VHA Users
- Plank 4: Suicide Prevention Program Enhancement
- Plank 5: Paid Media

### Veterans Crisis Line



# Suicide Deaths, Methods Involved 2020 and Difference From 2001

Suicide Decedents, Methods Involved												
Non-Veteran U.S. Adults		Veterans		Non-Veteran Men		Veteran Men		Non-Veteran Women		Veteran Women		
2020	Change*	2020	Change*	2020	Change*	2020	Change*	2020	Change*	2020	Change*	
Firearms	50.3%	-2.3%	71.0%	+4.5%	55.3%	-2.7%	72.1%	+4.8%	33.3%	-2.1%	48.2%	+11.2%
Poisoning	12.8%	-5.6%	8.4%	-4.8%	8.0%	-4.3%	7.5%	-4.9%	29.3%	-8.7%	26.8%	-16.0%
Suffocation	28.4%	+7.6%	14.9%	+0.9%	28.6%	+6.2%	14.7%	+0.6%	27.7%	+12.0%	19.2%	+8.8%
Other	8.4%	+0.3%	5.8%	-0.6%	8.1%	+0.8%	5.8%	-0.5%	9.6%	-1.1%	5.8%	-3.9%

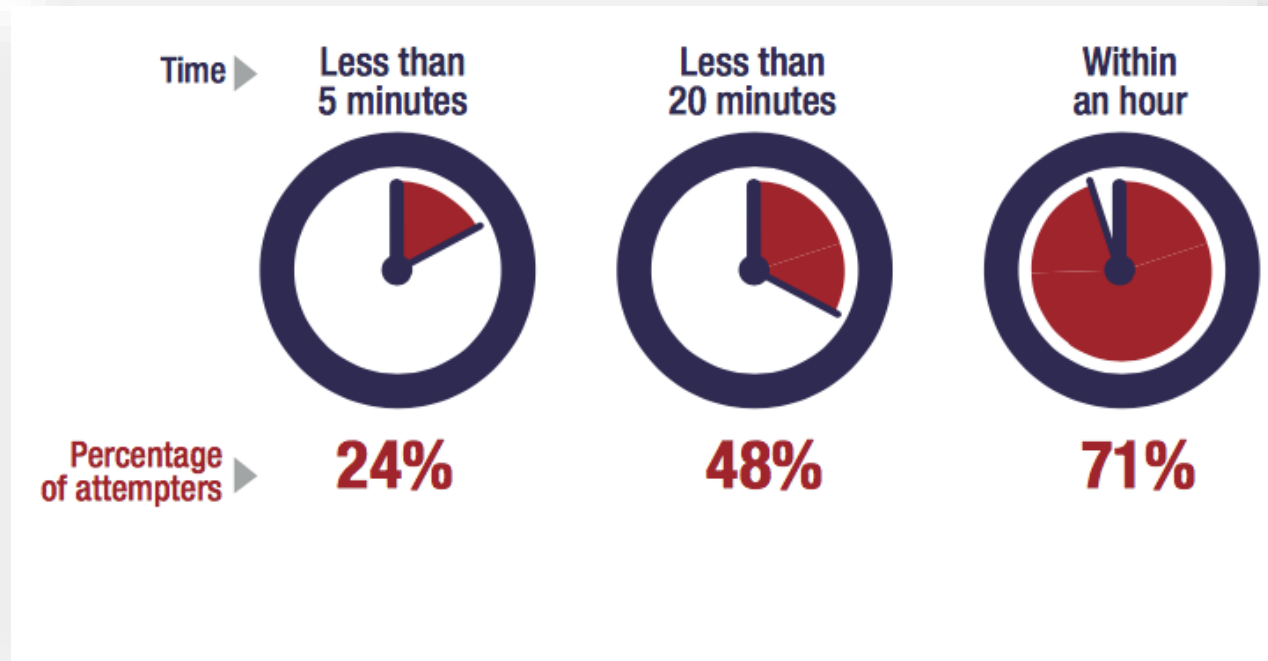
Percentage of Veteran suicides involving firearms and Suffocation increased where as percentage of Veteran suicides involving poisoning decreased. This is reflective among Veteran men and women.

# What is Lethal Means Safety?

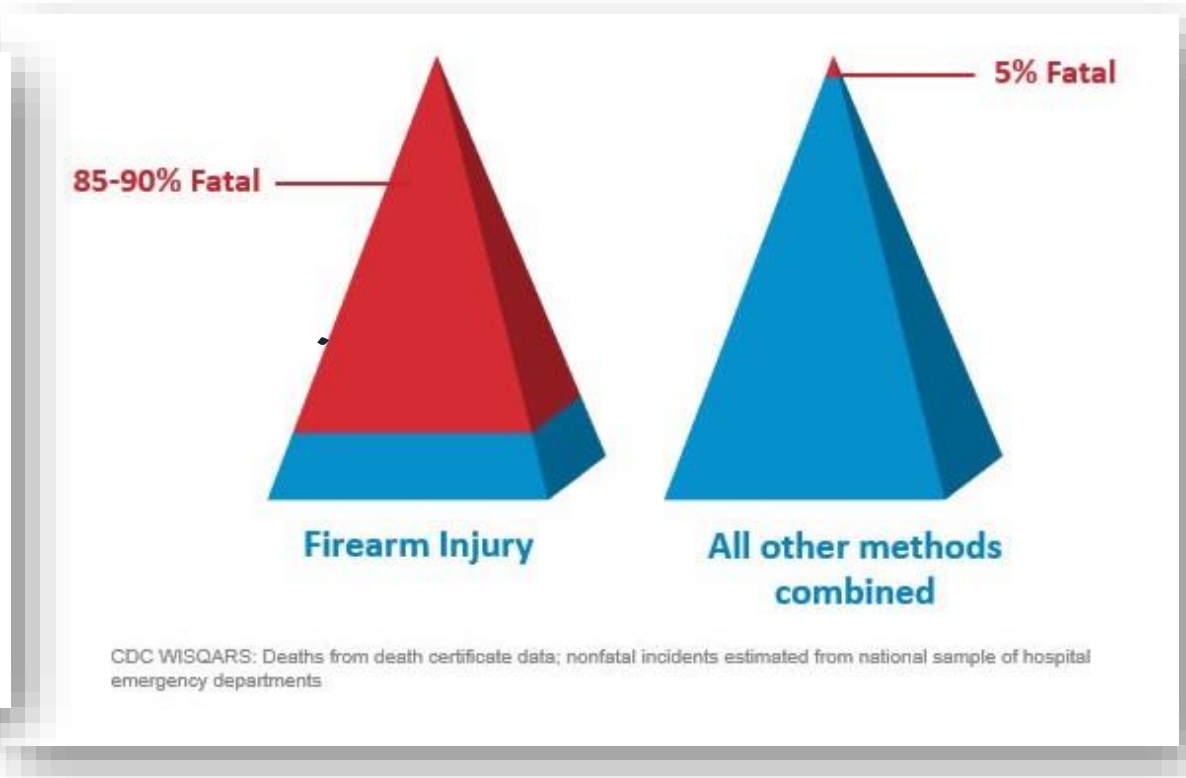
- In the context of suicide prevention, safe storage of lethal means is any action that builds in time and space between a suicidal impulse and the ability to harm oneself.
- Effective lethal means safety education and counseling is collaborative and Veteran-centered. It respects the important role that firearms and medications may play in Veterans' lives and is consistent with their values and priorities.

# Most Suicidal Crises are Brief

## Time from Decision to Action < 1 hour



Source: Simon, T.R., Swann, A.C., Powell, K.E., Potter, L.B., Kresnow, M., and O'Carroll, P.W. Characteristics of Impulsive Suicide Attempts and Attempters. SLTB. 2001; 32(sup):49-59.



Source: CDC WISQARS and US Dept. of Veterans Affairs  
<https://www.mirecc.va.gov/lethalmeanssafety/facts/>

## Lethal Means Safety Works

- Reducing access to lethal suicide methods is one of the few population level interventions that has been shown to decrease suicide rates.
- About **90 percent** of people who survive a suicide attempt do not go on to die by suicide.
- If we can collaborate with Veterans **ahead of time** to help them survive a suicidal crisis, we have likely prevented suicide for the **rest of their lives**.

**Suicide  
is preventable.**

# Common Myths vs. Realities

# Common Myths vs. Realities

Myth	Reality
<p data-bbox="690 665 1854 843">People who talk about suicide are just seeking attention.</p>	



# Common Myths vs. Realities

Myth	Reality
	<p>No matter how casually or jokingly said, suicide threats should never be ignored and may indicate serious suicidal feelings.</p> <p>Someone who talks about suicide provides others with an opportunity to intervene before suicidal behaviors occur.</p>

# Common Myths vs. Realities

Myth	Reality
<p>The only one who can really help someone who is suicidal is a mental health counselor or therapist.</p>	

# Common Myths vs. Realities

Myth	Reality
<p>Special training is not required to safely raise the subject of suicide. Helping someone feel included and showing genuine, heartfelt support can also make a big difference during a challenging time.</p>	

# The Steps of VA S.A.V.E.

## VA S.A.V.E.: Teaching Communities How to Help Veterans at Risk for Suicide

**VA S.A.V.E.** will help you act with care and compassion if you encounter a Veteran who is in suicidal crisis.

- **S**igns of suicidal thinking should be recognized.
- **A**sk the most important question of all.
- **V**alidate the Veteran's experience.
- **E**ncourage treatment and **E**xpedite getting help.



## Signs of Suicidal Thinking

Learn to recognize these warning signs:

- Hopelessness, feeling like there is no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

# **S** Signs of Suicidal Thinking

**The presence of any of the following signs requires immediate attention:**

- Thinking about hurting or killing themselves
- Looking for ways to die
- Talking about death, dying, or suicide
- Self-destructive or risk-taking behavior, especially when it involves alcohol, drugs, or weapons

# **A** Asking the Question

**Know how to ask  
the most important question of all...**





## Asking the Question

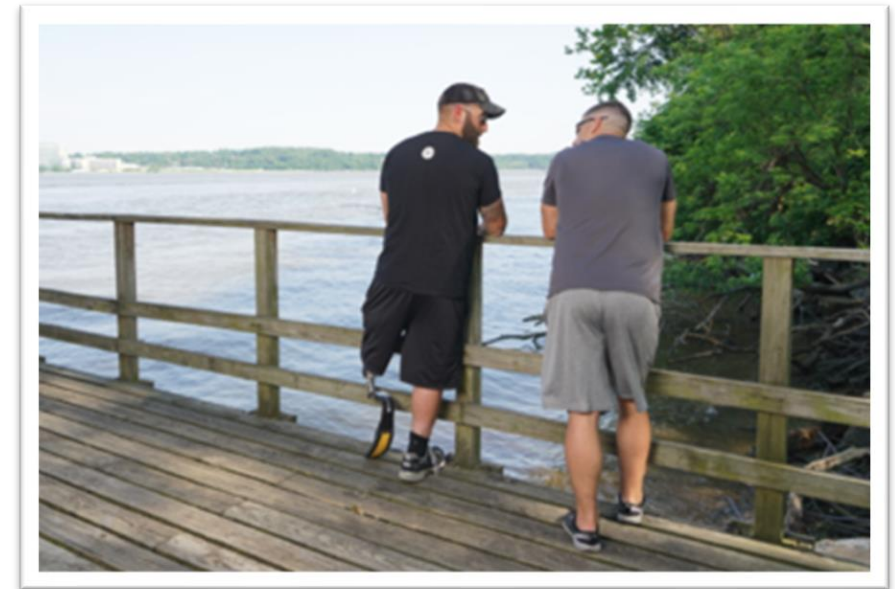
“Are you thinking about killing yourself?”

# A Asking the Question

Do's	Don'ts
<p><b>DO</b> ask the question if you've identified warning signs or symptoms.</p>	<p><b>DON'T</b> ask the question as though you are looking for a "no" answer.</p> <ul style="list-style-type: none"><li>• "You aren't thinking of killing yourself, are you?"</li></ul>
<p><b>DO</b> ask the question in a natural way that flows with the conversation.</p>	<p><b>DON'T</b> wait to ask the question when someone is halfway out the door.</p>

# **V** Validate the Veteran's Experience

- Talk openly about suicide. Be willing to listen and allow the Veteran to express his or her feelings.
- Recognize that the situation is serious.
- Do not pass judgment.
- Reassure the Veteran that help is available.



# **E** Encourage Treatment and Expedite Getting Help

- What should I do if I think someone is suicidal?
  - Don't keep the Veteran's suicidal behavior a secret.
  - Do not leave him or her alone.
  - Try to get the person to seek immediate help from his or her doctor or the nearest hospital emergency room.
  - Call 911.
- Reassure the Veteran that help is available.
- Call the Veterans Crisis Line at **1-800-273-8255 or 988 and Press 1.**

# When Talking with a Veteran at Risk for Suicide

- Remain calm.
- Listen more than you speak.
- Maintain eye contact.
- Act with confidence.
- Do not argue.
- Use open body language.
- Limit questions — let the Veteran do the talking.
- Use supportive, encouraging comments.
- Be honest — let the Veteran know that there are no quick solutions, but help is available.

# Remember

## VA S.A.V.E.

**S**

Signs of suicidal thinking should be recognized.

**A**

Ask the most important question of all.

**V**

Validate the Veteran's experience.

**E**

Encourage treatment and Expedite getting help.

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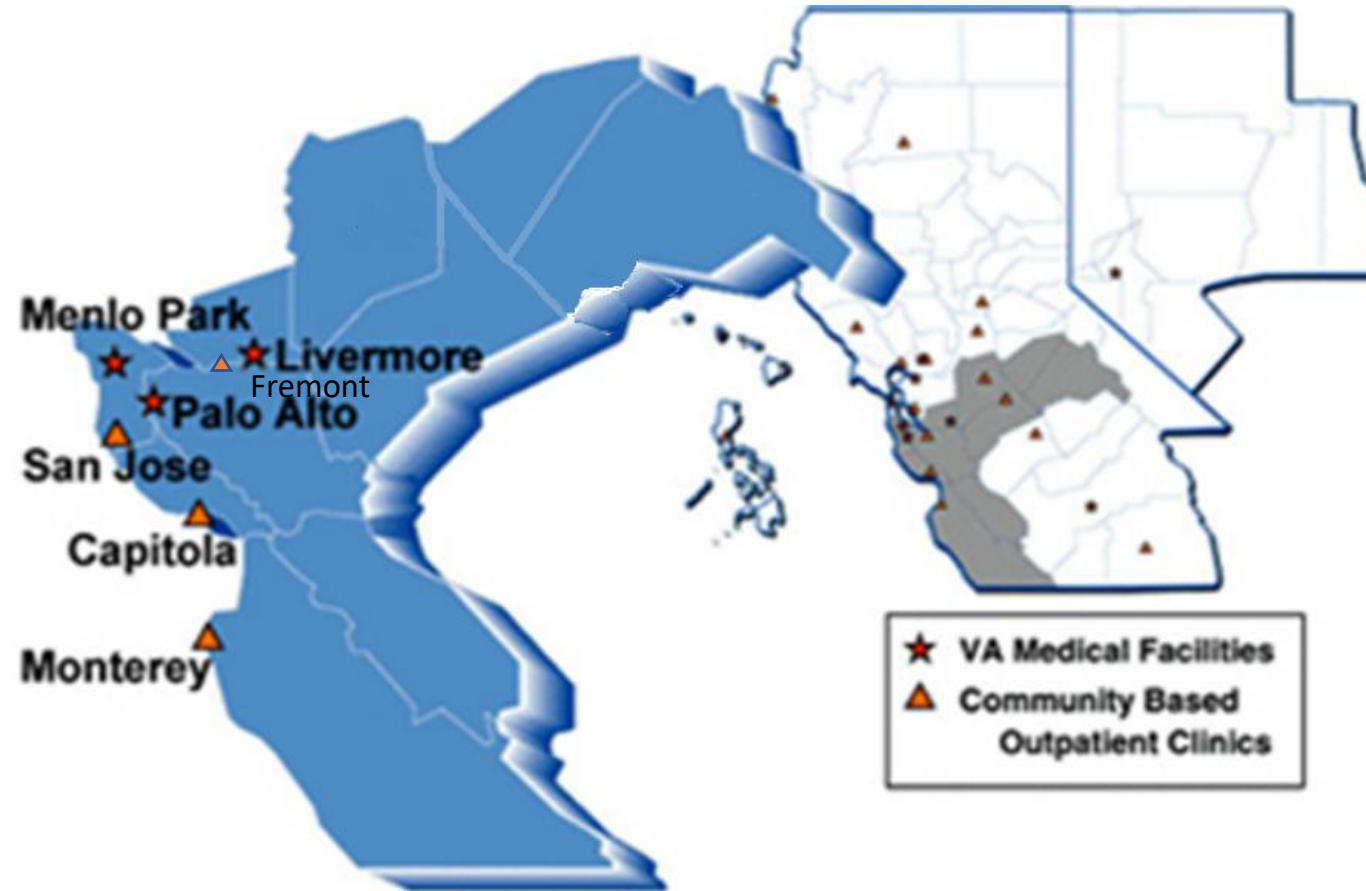
# Resources

# VA Services: Who is Eligible?

- A person who served in the active military, naval, or air service and who was discharged or released under conditions other than dishonorable may qualify for VA health care benefits.
- *Minimum Duty Requirements:* Veterans who enlisted after Sept. 7, 1980, or who entered active duty after Oct. 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible.
- Combat Veterans discharged from active duty on or after Jan. 28, 2003, are eligible for enhanced enrollment placement into Priority Group 6 for five years post discharge
- Starting January 17, 2023, Veterans in acute suicidal crisis can go to a VA or community health care facility to receive free emergency health care – including ambulance transportation costs – and be eligible for inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days, including social work. This change was made possible by the **Veterans COMPACT Act of 2020**.
  - Please reach out to [Member Services](#) if you have questions about COMPACT ACT



# VAPAHCS



# VA Palo Alto Medical Facilities

- Palo Alto Main Hospital Campus (PAD)  
3801 Miranda Avenue  
Palo Alto, CA 94304
- Main Number (650) 493- 5000 (all staff at all locations can be reached by name through operator)

# VA Palo Alto Medical Facilities and Community Based Outpatient Clinic

## **Palo Alto VA Medical Center- Menlo Park (MPD)**

795 Willow Road Menlo Park, CA  
Phone: 650-614-9997 x22234

## **Palo Alto VA Medical Center- Livermore (LVD)**

4951 Arroyo Road Livermore, CA 94550  
Phone: 925-3734700 x35396

## **Major General William H. Gourley VA-DoD Outpatient Clinic (MON)**

201 9th St, Marina, CA 93933  
Phone: (831) 884-1000

## **Fremont VA Clinic (FRC)**

39199 Liberty Street Building B Fremont, CA 94538  
Phone: 510-791-4000 x84125

## **San Jose VA Clinic (SJ)**

5855 Silver Creek Valley Place San Jose, CA  
Phone: 408-547-9100

Finding the closest VA Clinic: <https://www.va.gov/find-locations/>

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# Vet Centers

## [Peninsula Vet Center](#)

795 Willow Road  
Building 324 Wing B  
Menlo Park, CA 94025  
Main number: [650-614-9825](tel:650-614-9825)

## [San Jose Vet Center](#)

5855 Silver Creek Valley Place  
Third Floor 3A  
San Jose, CA 95138  
Main number: [408-574-9200](tel:408-574-9200)

## [Santa Cruz County Vet Center](#)

1350 41st Avenue  
Suite 104  
Capitola, CA 95010  
Main number: [831-464-4575](tel:831-464-4575)

## [Concord Vet Center](#)

1333 Willow Pass Road  
Suite 106  
Concord, CA 94520-7931  
Main number: [925-680-4526](tel:925-680-4526)

## [San Francisco Vet Center](#)

505 Polk Street  
San Francisco, CA 94102  
Main number: [415-441-5051](tel:415-441-5051)

## [Oakland Vet Center](#)

7700 Edgewater Drive  
Suite 125  
Oakland, CA 94621  
Main number: [510-562-7906](tel:510-562-7906)

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# VHA Offers A Range of Services

- Three 20 Bed acute inpatient psychiatry units
- General Mental Health Care
- Addiction Treatment Services
- PTSD Clinical Teams (PCT)
- Veterans Recovery Center
- Mental Health Intensive Case Management (MHICM)
- Compensated Work Therapy/Supportive Employment
- Woman's Counseling Center
- Suicide Prevention Coordinators
- Telemental Health

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# Outpatient Mental Health

- Outpatient Mental Health Services are available at Menlo Park, San Jose, Monterey, Fremont and Livermore clinics.
- Veteran is assigned a Mental Health Treatment Coordinator (MHTC) who can then refer Veteran to other services.

# Addiction Treatment Services

- **Outpatient Treatment Options:**
  - There are outpatient groups available at the VA Palo Alto and VA Menlo Park as well as Livermore, Monterey and San Jose Clinics.
  - Self-referral line: (650) 493 5000 1-1-60050
- **Intensive Outpatient Treatment Options (Approximately 9 groups/week plus case management):**
  - Palo Alto VA: Requires ACT consult and assessment for consideration

# Addiction Treatment Services

- **Residential Treatment Options:**
  - **Foundations of Recovery:**
    - 28-day program that helps newly recovering veterans and veterans with co-occurring psychiatric and medical disorders learn the basics of early recovery.
  - **Domiciliary**
    - Domiciliary RRTP at Menlo Park now operates as one joint program with two tracks. The previously named HVRP program now operates as the Dom Housing Track and the previously named First Step program now operates as the Dom Recovery Track. The joint program uses a “university model” with a core curriculum and electives depending on the track.
    - Veterans can self-refer through self-referral screening line by calling 800-848-7254



# PTSD Clinical Team

- **Outpatient**

- **PTSD Clinical Team (PCT)**

- Every VHA has an associated PCT and they provide outpatient treatment for PTSD.

- **Inpatient**

- **Trauma Recovery Program (TRP)**

- The available inpatient TRP programs address trauma and PTSD issues for men and women and is located at the Menlo Park VA. If you are interested in any of these programs, contact the (MHC) or your local provider for more information and a referral.

# Homeless Programs

24/7 National Call Center for Homeless Veterans:

1-877-424-3838- counselors provide immediate triage and shelter information.

Calls to the center produce a referral to local VA housing coordinators.

Grant Per Diem liaisons provide case-management and placement for Veterans in one of our shelters providing dedicated beds for this program.

# Veterans Justice Outreach (VJO) and Health Care For Reentry Veterans (HCRV)

- The purpose of the **Veteran Justice Outreach (VJO)** Initiative is to avoid the unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible justice-involved Veterans have timely access to VA Mental Health and Substance Use Disorder services when clinically indicated, and other VA services and benefits as appropriate. VJO Specialists visit local Jails and courts in the VAPAHCS catchment area.
- The VA has developed **HCRV** to assist with a successful transition for Veterans leaving prison. A Reentry Specialist from HCRV goes to each correctional facility several times each year to meet with Veterans before their release. Once enrolled with the VA, the Reentry Specialist will meet Veterans individually when they are approximately six months away from their earliest possible release date.



Spread the word—  
the Veterans Crisis Line has  
a new number.

Dial 988 then Press 1

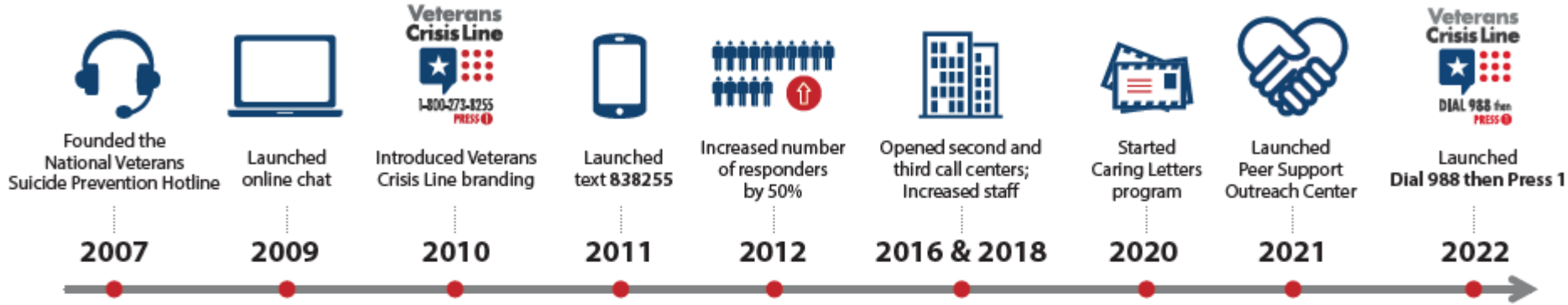


# Free, Confidential Support 24/7/365



- Veterans
- Family members
- Service members
- Friends

The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators, who will follow up and coordinate care.



More than  
**6.8 million**  
calls



More than  
**299,000**  
texts



More than  
**821,000**  
chats



More than  
**1.3 million**  
referrals

to VA Suicide Prevention Coordinators

More than  
**269,000**  
dispatches of  
emergency services

03/2023

# Find a Local VA SPC

More than 400 SPCs nationwide.



[Local Resources \(veteranscrisisline.net\)](http://veteranscrisisline.net)

# VeteransCrisisLine.net/ResourceLocator

## Resource Locator

**Locate Information and Resources**

No matter what you are experiencing, there is support for getting your life on a better track. To find the Veteran resources most helpful for you, fill in your ZIP code or state below and check the boxes of the programs or topics you are interested in. You can also select the National Resource Directory or the SAMHSA Behavioral Health tab to find additional services.





U.S. Department of Veterans Affairs Resources



National Resource Directory Resources



SAMHSA Behavioral Health Treatment Services Locator

### 1 Select a Resource

**Suicide Prevention Coordinators**  
Specially trained Suicide Prevention Coordinators or teams are available at all VA Medical Centers across the country.

**Crisis Centers**  
Search for community-based crisis centers in your area.

**VA Medical Centers**  
VA Medical Centers offer a range of acute care and community-based outpatient services, including mental health care, diagnostics, homeless and alcohol/drug abuse programs, nursing home and respite care.

**Outpatient Clinics**  
Community Based Outpatient Clinics (CBOCs) are local VA locations that provide primary care, counseling, laboratory analysis, prescriptions and radiology services.

**Veterans Benefits Administration Offices**  
Veterans Benefits Administration Offices provide services to Veterans seeking benefits related to compensation, pension, vocational rehabilitation, home loans, death benefits, employment, and disability.

**Vet Centers**  
Vet Centers provide readjustment counseling and outreach services to all Veterans who have served in any combat zone, as well as their family members.

**All**  
See all VA and community-based services in your area.

### 2 Choose Location

Search by Zip Code   OR



## 2 Choose Location

Search by Zip Code   OR

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Results for **Suicide Prevention Coordinators** in state **ND**

**Monsebroten, Tammy**  
Fargo, ND 58102  
P: 701-239-3700x93556  
F: 701-237-2642  
[tammy.monsebroten@va.gov](mailto:tammy.monsebroten@va.gov);  
[raae.bickett@va.gov](mailto:raae.bickett@va.gov)

Results for **Crisis Centers** in state **ND**

**FirstLink HotLine**  
Fargo, ND 58103  
P: 701-293-6462  
F: 701-235-2476  
[visit website](#)

**--Standing Rock Line--**  
Fargo, ND 58103

Results for **VA Medical Centers** in state **ND**

**Fargo VA Health Care System**  
2101 Elm Street N.  
Fargo, ND 58102  
P: 701-232-3241 Or 701-232-3241  
[visit website](#)



[Local Resources \(veteranscrisisline.net\)](http://veteranscrisisline.net)



## Take a Moment — Reach Out

Veterans have been trained to carry the heavy stuff,  
but don't have to go through it alone.

TAKE A MOMENT

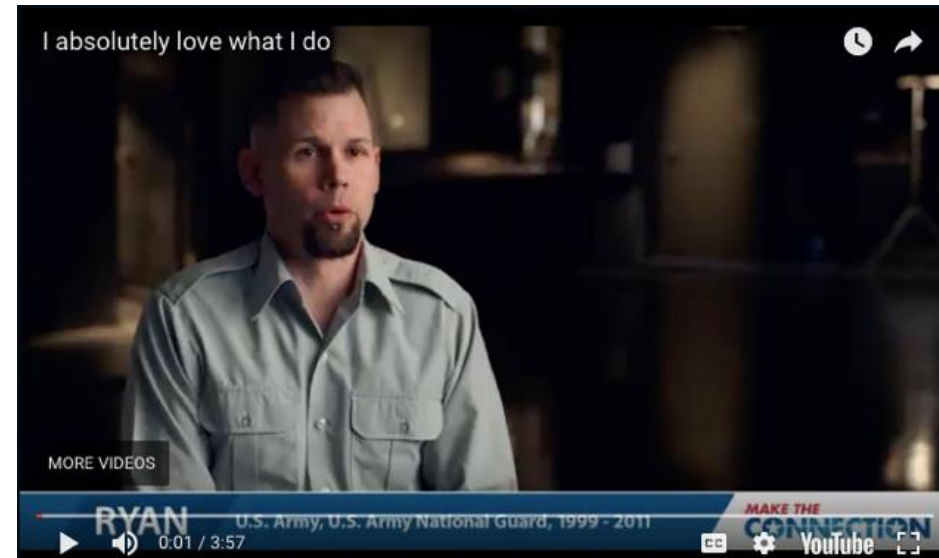
# REACH OUT

Watch the Video 

# Make the Connection

- Online resource featuring hundreds of Veterans telling their stories about overcoming mental health challenges.

**MAKE THE  
CONNECTION**  
*www.MakeTheConnection.net*



<https://maketheconnection.net/conditions/suicide>

# Practice safe storage of firearms, medications and other lethal means

- Visit [www.KeepItSecure.net](http://www.KeepItSecure.net) to learn more about the importance of firearm and other lethal means safety.
- Nearly half of all Veterans own a firearm, and most Veteran firearm owners are dedicated to firearm safety.
- Firearm injuries in the home can be prevented by making sure firearms are **unloaded**, **locked**, and **secured** when not in use, with ammunition stored in a separate location
- There are several effective ways to safely secure firearms. Learn more and find the option that works best for you and your family from the National Shooting Sports Foundation at [www.nssf.org/safety](http://www.nssf.org/safety)

VA » Health Care » REACH » Firearm Suicide Prevention & Lethal Means Safety

## REACH

► Mental Health  
► More Health Care

### QUICK LINKS

Hospital Locator  
Zip Code  Go

Health Programs

Protect Your Health

A-Z Health Topics

Veterans Crisis Line  
1-800-273-8255 PRESS 1

My healthvet  
My Health, My Care: 24/7 Access to VA

## FIREARM SUICIDE PREVENTION & LETHAL MEANS SAFETY

# KeepItSecure.net

### PRACTICE SAFE STORAGE OF FIREARMS, MEDICATION & OTHER LETHAL MEANS

Lethal means are objects like guns, medications, alcohol, opioids or other substances, ropes, cords, or sharp objects that can be used during a suicidal crisis. If a Veteran is in crisis or having suicidal thoughts, these items can become deadly when they are easily accessible. For example, nearly 7 out of every 10 Veteran deaths by suicide are the result of firearm injuries (Dept. of Veteran Affairs, 2018).

Increasing the time and distance between someone in a suicidal crisis and access to lethal means can reduce suicide risk and save lives. There are simple steps you can take to protect yourself and your family. On this page, you'll find:

- How to identify and handle a suicidal crisis
- Helpful tips for storing guns, medications, and other lethal means
- Additional resources about safe storage

# New Lethal Means Safety Resources



## Reducing Firearm & Other Household Safety Risks Brochure

provides best practices for safely storing firearms and medications along with advice for loved ones on how to talk to the Veteran in their life about safe storage.

U.S. Department of Veterans Affairs  
Office of Mental Health and Suicide Prevention

## Reducing Firearm & Other Household Safety Risks for Veterans and Their Families



**Firearm safety is an important public health issue that can affect your health and your family's well-being.**

If you own a firearm, or live in a household where there are firearms, the following information can help keep you and those around you safe. Similarly, reducing access to other household risks, like medications, can help ensure your family's safety.



# Mental Health Mobil Apps.

## Mobile Apps - PTSD: National Center for PTSD (va.gov)

**Self-Help**  
These apps provide support and guidance in living with PTSD.

PTSD Coach   PTSD Family Coach   Beyond MST   Mindfulness Coach

**Treatment Companions**  
These apps offer additional help for PTSD treatments.

CPT Coach   PE Coach   CBT-i Coach   ACT Coach

**Related**  
These apps help with related issues affecting people with PTSD.

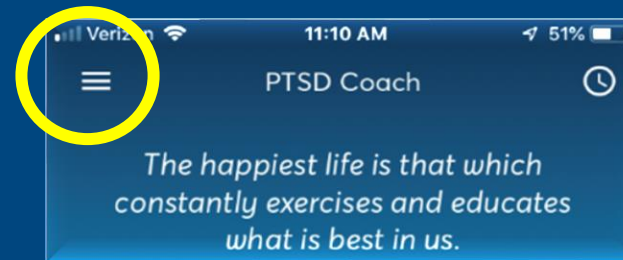
COVID Coach   Couples Coach   Insomnia Coach   StayQuit Coach

# Safety Plan now in PTSD Coach!



## To access the Safety Plan:

1. Download\* and open PTSD Coach
2. Tap the lateral menu
3. Tap Safety Plan



**National Center for PTSD website:**

[https://www.ptsd.va.gov/appvid/mobile/ptsdcoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)

# Coaching into Care

Program for families and loved ones of Veterans, helping them encourage the Veteran in their lives to seek support.



**CALL 888-823-7458**





# Supporting Providers Who Serve Veterans

Free consultation and resources for any provider in the community or VA who serves Veterans at risk for suicide.

Request a consult: [srmconsult@va.gov](mailto:srmconsult@va.gov)

*#NeverWorryAlone*

[www.mirecc.va.gov/visn19/consult](http://www.mirecc.va.gov/visn19/consult)



Provider support after a suicide loss (Postvention)



Risk assessment



Lethal means safety counseling



Conceptualization of suicide risk



Best practices for documentation



Strategies for how to engage Veterans at high risk

**VA**



U.S. Department of Veterans Affairs



# Postvention Resources



COMMUNITY

PROVIDERS

WORKPLACE



Films



Infographics



Podcasts

Uniting for Suicide Postvention (USPV): <https://www.mirecc.va.gov/visn19/postvention/>

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## VA S.A.V.E. Training

This free suicide prevention training video is less than 25 minutes long and available to everyone, 24/7. It's offered in collaboration with the PsychArmor Institute.



Available online for free: <https://psycharmor.org/courses/s-a-v-e/>



# VA Tools and Resources for Veterans and Supporters

**Make the Connection**: VA's mental health literacy and anti-stigma website highlights Veterans' real, inspiring stories of recovery and connects Veterans and their family members and friends with local resources.

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**Reach Out**: Get support designed specifically for you. Family members or friends can find resources that are designed for the Veterans in your life.

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**Safety Planning**: Information on safety planning and a template for developing a safety plan. A safety plan is a written list of coping strategies and sources of support that at-risk Veterans can use before or during a suicidal crisis.

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**VA Mental Health**: VA's repository of mental health resources, information, and data materials.

# VA Tools and Resources for Veterans and Supporters

**VA S.A.V.E. Training**: Training designed to teach anyone who interacts with Veterans how to recognize warning signs of crisis and what to do to help a Veteran who may be at risk.

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**VA Suicide Prevention**: Explore suicide prevention resources to build networks of support among community-based organizations, Veterans Service Organizations, health care providers, and other members of your community that strengthen protective factors for Veterans.

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**VA Resource Locator**: This tool can help Veterans find local mental health and suicide prevention resources, including their local suicide prevention coordinator.

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**Veterans Crisis Line**: A free, anonymous, confidential resource available to Veterans in crisis, as well as concerned family members and friends. **Dial 988 then Press 1**, chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat), or text **838255**.

# Stay Connected

Follow us on social media to stay up to date on our programs and initiatives.



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# Questions?

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