



# VETERANS & FAMILY SUPPORT PROGRAM



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FL DEPARTMENT PRESIDENT'S THEME:

"One Family One Voice! One Team!"



2024  
2025

NATIONAL PRESIDENT'S THEME:

"From Our Roots to Our Branches...  
Extending Service to Our Veterans"

Together, our focus this year is to **Keep Moving For-**

Remember: **REPORT, REPORT, REPORT**

## Goal #1- National Veterans Suicide Prevention: IT STARTS WITH YOU!

- ◆ Lives can be **saved** when Veterans have access to the right support **before** a crisis occurs
- ◆ Strengthening **protective factors** is key to Prevention such as having **access** to mental health care
- ◆ *Family and friends* are critical to Suicide Prevention when they **notice a change** in one's behavior



# IF YOU SEE SOMEONE IN DISTRESS...

# DON'T BE AFRAID TO... E N G A G E

- E** Employ the **K-I-S-S** principle: Keep It Super Simple! Get a conversation started and show genuine care and concern. Focus on their story, their challenges, their fears.
- N** **Note** their demeanor, appearance, and behavior. Be kind in your approach. Be a good listener without being judgmental, condescending or overbearing.
- G** **Get** the person involved in something they like to do. Make time for them. If possible, include them in your activities. Ask them to help at your Post or during Auxiliary activities.
- A** **Always** listen how they feel and what they are thinking. Watch for signs of depression or sadness. Get them to talk about their experiences, both good and bad.
- G** **Get** them professional help, if needed. Be knowledgeable about available suicide prevention programs in your area. Let them know they can **Dial 988 then press 1** at any time.
- E** **Earn** their trust and respect

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