

Extension and Revitalization

“Be The Lighthouse In Somebody’s Storm”

September is National Suicide Awareness Month!

September serves as a reminder that suicide is preventable and that everyone can play a role in supporting Veterans in connecting them with resources. A single act can make a difference in the life of a Veteran in crisis. It is important to reach out and connect with Veterans and we can show support by doing a “check-in”, spending time with them or just asking how they are doing.

The VA encourages individuals to learn the warning signs of suicide, participate in free training like S.A.V.E., and utilize resources like the VA's Social Media Safety Toolkit to identify and respond to potential distress.

As an Auxiliary or even a District, you can do “call to action”.

- ✓ Invite all your members, past and present to come together and take the VA S.A.V.E. training. This can be coordinated by contacting your local VA Suicide Prevention Coordinator by visiting VeteransCrisisLine.net/LocalResources.
- ✓ Ask the Coordinator for items that can be shared within the Post and your Community, bringing awareness to the Veterans Crisis line – 988
- ✓ Extend the invite to your community. (You may even gain a member or two)

While you are working to bring awareness to Veterans Suicide, you are also helping to maintain a healthy Auxiliary and “Building Bridges for Our Veterans”.

Don’t forget to report 😊



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SUICIDE PREVENTION