

# Veterans & Family Support

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## SUCIDE PREVENTION AWARENESS MONTH



### How you can help as an Individual

#### As an Auxiliary

Check out VA Suicide Prevention  
Tool Kit for Caregivers

Download a SAFETY Plan

Take the VA S.A.V.E. Training Course

This free, online VA S.A.V.E. Training video was designed in partnership with PsychArmor Institute to help viewers learn how to identify when a Veteran may be at risk for suicide and to empower them to play a vital role in suicide prevention.

Visit [www.psycharmor.org/courses/s-a-v-e](http://www.psycharmor.org/courses/s-a-v-e).

**S. A. V. E.**

**#BETHERE**

**S** = Signs ~ Learn to recognize the signs

**A** = Ask ~ the important???

**V** = Validate ~ a Veterans experience make her/him feel understood & supported

**E** = Encourage ~ Vets to get treatment

Expedite ~ Vets to getting HELP

*START THE CONVERSATION ~ OFFER SUPPORT*

**Know the NUMBERS**



or Text [838255](https://text.838255.com)

1-800-273-8255 **PRESS 1** Still Works

#### September :

National Suicide Prevention Awareness Month

Gold Star Mother's & Family Day ~ 24<sup>th</sup> Sept.

VFW Birthday ~ 29<sup>th</sup> Sept. {Etab~1899}

#### Coming in October :

Fall Conference Oct 20-22

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