



U.S. Department  
of Veterans Affairs



## 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 [Veterans Crisis Line](https://www.veteranscrisisline.net):** If a Veteran you know is immediately at risk for suicide, call **1-800-273-8255** and **Press 1**, chat online at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat), 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](https://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 [www.mentalhealth.va.gov/substanceabuse.asp](https://www.mentalhealth.va.gov/substanceabuse.asp).
- **Find local resources:** Locate mental health treatment and services near you at [VeteransCrisisLine.net/ResourceLocator](https://www.VeteransCrisisLine.net/ResourceLocator).

### Spread the Word in Your Community

- **Share videos of real Veterans:** Visit [MakeTheConnection.net](https://www.MakeTheConnection.net) to watch and share videos of Veterans and their loved ones sharing their stories of overcoming mental health challenges.
- **Download and share materials:** Visit [VeteransCrisisLine.net/SpreadTheWord](https://www.VeteransCrisisLine.net/SpreadTheWord) 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 [VeteransCrisisLine.net/ResourceLocator](https://www.VeteransCrisisLine.net/ResourceLocator).
- **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/myVAoutreachToolkitPreventingVeteranSuicidelsEveryonesBusiness.pdf](https://www.va.gov/nace/docs/myVAoutreachToolkitPreventingVeteranSuicidelsEveryonesBusiness.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](https://www.volunteer.va.gov).

### Start the Conversation

- **Learn to recognize the warning signs of suicide risk:** Visit [VeteransCrisisLine.net/SignsOfCrisis](https://www.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 [VeteransCrisisLine.net/StartTheConversation](https://www.VeteransCrisisLine.net/StartTheConversation).
- **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](https://www.VeteransCrisisLine.net/GunSafetyVideo) and share this [gun safety video](#) to raise awareness of simple actions that can save lives.