

SUICIDE AWARENESS & PREVENTION

Resources for Veterans and Military Members

Crisis feels different for everyone and can arise from a wide range of situations before, during, or after military service. The EAP is here to support military members, veterans and those that care about them.

How To Take Care Of Yourself

- **Ask for help.** Don't be afraid to let others know what you need; they want to help.
- **Reach out.** Access confidential 24/7 services like the **Veterans Crisis Line: veteranscrisisline.net**
- **Find a support group.** Talk to other veterans. You can access groups through your local VA hospital, VFW or American Legion.
- **Make a safety plan.** Have a plan ready for if/when you feel depressed or in crisis. Get help and guidance at **mysafetyplan.org**
- **Reduce risk.** Veterans who are experiencing or are at risk of homelessness can access services via: **veteranscrisisline.net**

How To Help Veterans and Military Members

- **Ask and listen.** Check in often, look for signs, and be direct. Practice active listening techniques and let them talk without judgment.
- **Get help.** The 988 Lifeline and Veterans Crisis Line are always available for crisis intervention. For additional support, look into **caregiver.va.gov**
- **Be there.** A simple act of kindness to a veteran or service member can help that person feel less alone.

Additional Resources

- **Veterans Crisis Line:** veteranscrisisline.net
- **Make the Connection:** maketheconnection.net
- **VA Caregiver Support Program:** caregiver.va.gov
- **American Legion:** legion.org
- **Veterans of Foreign Wars:** vfw.org
- **Military One Source:** militaryonesource.mil
- **Suicide and Crisis Lifeline:** 988lifeline.org