

VA



U.S. Department
of Veterans Affairs

Suicide Prevention & Resources

VA Office of Mental Health and Suicide Prevention (OMHSP)

Suicide Prevention Program 603-624-4366 Ext. 2150

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The Steps of VA S.A.V.E.

VA S.A.V.E.: Teaching Communities How to Help Veterans at Risk for Suicide

VA S.A.V.E. will help you act with care and compassion if you encounter a Veteran who is in suicidal crisis.

- **S**igns of suicidal thinking should be recognized.
- **A**sk the most important question of all.
- **V**alidate the Veteran's experience.
- **E**ncourage treatment and **E**xpedite getting help.

New Lethal Means Safety Resources

Reducing Firearm & Other Household Safety Risks Brochure

provides best practices for safely storing firearms and medications along with advice for loved ones on how to talk to the Veteran in their life about safe storage.



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Reducing Firearm & Other Household Safety Risks for Veterans and Their Families



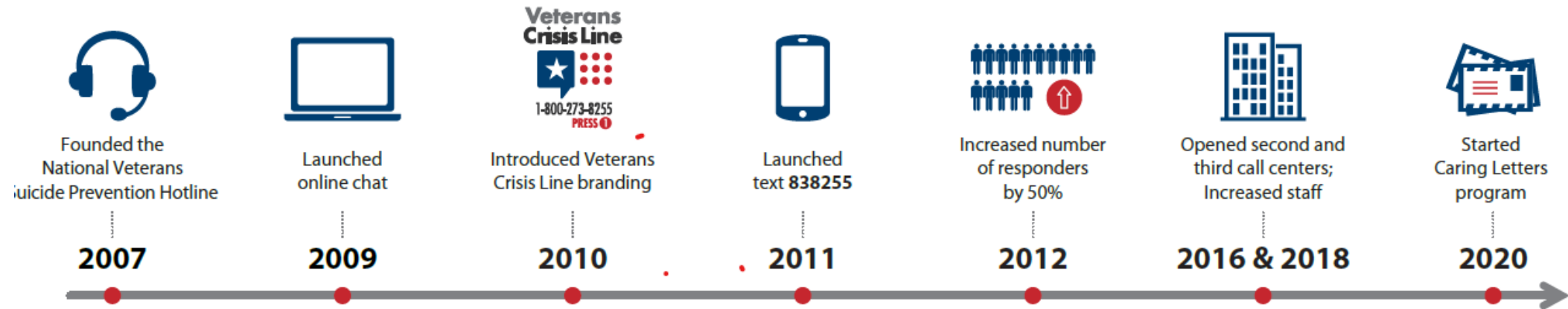
Firearm safety is an important public health issue that can affect your health and your family's well-being.

If you own a firearm, or live in a household where there are firearms, the following information can help keep you and those around you safe. Similarly, reducing access to other household risks, like medications, can help ensure your family's safety.

Free, Confidential Support 24/7/365



- Veterans
- Family members
- Service members
- Friends



More than
6.4 million
calls



More than
269,000
texts



More than
772,000 chats



More than
1.2 million
referrals *to VA*
suicide prevention
coordinators

More than
248,000
dispatches of
emergency
services

Data last updated 10/2022

Mental Health Mobil Apps.

Mobile Apps - PTSD: National Center for PTSD (va.gov)

Self-Help These apps provide support and guidance in living with PTSD.	 PTSD Coach	 PTSD Family Coach	 Beyond MST	 Mindfulness Coach
Treatment Companions These apps offer additional help for PTSD treatments.	 CPT Coach	 PE Coach	 CBT-i Coach	 ACT Coach
Related These apps help with related issues affecting people with PTSD.	 COVID Coach	 Couples Coach	 Insomnia Coach	 StayQuit Coach

Community Based Interventions for Suicide Prevention (CBI-SP)

Suicide Prevention is Everyone's Business



Focused Priority Areas Across CBI-SP Unifying Model



Identify Service Members, Veterans, and their Families and Screen for Suicide Risk



Promote Connectedness and Improve Care Transitions



Increase Lethal Means Safety and Safety Planning

New Hampshire Veteran Suicide Prevention Coalitions

Lakes Region Veterans Coalition: LRVC is a coalition hosted by Camp Resilience in Gilford, NH. Membership includes Veterans and non-Veterans. Represented at our meetings are corrections, VFW, NH DHHS, PPH, VA CBOCs, the NH State Veterans Home, and Easter Seals. LRVC is arranging training on suicide prevention in the Lakes Region and they have received grant money from the PPH to provide technical assistance to coalition building efforts in other parts of NH. Coordination with NH DHHS, VA, and LRVC allowed LRVC to train the Emergency Medical Services program at the Lakes Region Community College.

Contact: Kurt Webber kurt-webber@camp-resilience.org

Stronger Together is a coalition for Veteran suicide prevention for the greater Nashua area. It is based out of Milford, NH at the Addiction Recovery Coalition of NH. Members include: The PPH, Harbor Care, Greater Nashua Mental Health, Easter Seals, VFW, a private therapist, first responders, community members both Veterans and non-Veterans. They are promoting Ask the Question, providing regular prevention trainings for the community, and planning networking and social events for Vets.

Contact: Kate Choquette kchoquette@arcnh.org

Greater Manchester Veteran Suicide Prevention Coalition: Hosted by ForgeVFR, the Manchester coalition has just started meeting. Their coalition includes law enforcement, correction, mental health providers, and non-profit agencies that support Veterans. The Manchester coalition is looking for more members.

Contact: Sean Kilbreth skilbreth@forgehealth.org

New Hampshire Veteran Suicide Prevention Coalitions

Sullivan County Veteran Suicide Prevention Coalition: Hosted by West Central Behavioral Health several local providers, the White River Junction VA, the Vet Center, and several others are about to have their first meeting. They too, are seeking new members.

Contact: Bill Metcalfe wmetcalfe@wcbh.org

Seacoast Veteran Suicide Prevention Coalition: Hosted by the Seacoast Public Health Network this coalition is in the process of conducting a needs assessment and is looking to recruit new members to their team. Contact: Maria Reyes mreyes@seacoastphn.org

Samantha Areson sareson@seacoastphn.org

Capitol Area Veteran Suicide Prevention Coalition: Hosted by the Capitol Area Public Health Network this coalition has just gotten started.

Contact: Ashley Sullivan ashley.sullivan@graniteuw.org

The Central Area and Strafford County have begun talking about creating coalitions we are seeking hosts for the North Country, South Central, Greater Monadnock areas.

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Questions?
