

VA



U.S. Department
of Veterans Affairs

Suicide Prevention

Veterans Health Administration

Office of Mental Health and Suicide Prevention (OMHSP)

Suicide Prevention Program

Presented by:



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Objectives

By participating in this training, you will:

- Learn steps of Suicide Prevention Information (VA S.A.V.E.)
- Learn about Military Culture
- Learn how to access Veteran resources

Steps of Suicide Prevention

VA



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Signs of Suicidal Thinking

Learn to recognize these warning signs:

- Hopelessness, feeling like there is no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

Signs of Suicidal Thinking

The presence of any of the following signs requires immediate attention:

- Thinking about hurting or killing themselves
- Looking for ways to die
- Talking about death, dying, or suicide
- Self-destructive or risk-taking behavior, especially when it involves alcohol, drugs, or weapons

Asking the Question

**Know how to ask
the most important question of all...**



Asking the Question

“Are you thinking about killing yourself?”

V Validate the Veteran's Experience

- Talk openly about suicide. Be willing to listen and allow the Veteran to express his or her feelings.
- Recognize that the situation is serious.
- Do not pass judgment.
- Reassure the Veteran that help is available.

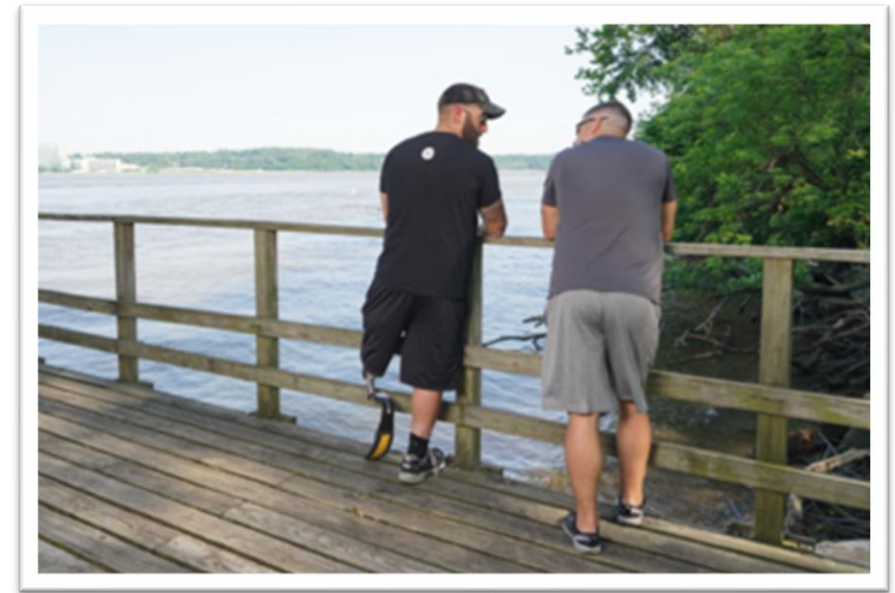


Image: U.S. Dept of Veterans Affairs

Encourage Treatment and Expedite Getting Help

- What should I do if I think someone is suicidal?
 - Don't keep the Veteran's suicidal behavior a secret.
 - Do not leave him or her alone.
 - Try to get the person to seek immediate help from his or her doctor or the nearest hospital emergency room.
 - Call 911.
- Reassure the Veteran that help is available.
- Call the Veterans Crisis Line (VCL) at **988 then press 1**



When Talking with a Veteran at Risk for Suicide

- Remain calm.
- Listen more than you speak.
- Maintain eye contact.
- Act with confidence.
- Do not argue.
- Use open body language.
- Limit questions — let the Veteran do the talking.
- Use supportive, encouraging comments.
- Be honest — let the Veteran know that there are no quick solutions, but help is available.

What to Do if a Veteran Expresses Suicidal Ideation During a Phone Call

- Keep the caller on the line (do not hang up or transfer).
- Remain calm.
- Obtain identifying information on the caller (name, phone number, and current location).
- Conference call to Veterans Crisis Line (don't hang up until VCL responder has the call).
- Enlist co-workers for assistance via Instant Messaging in Teams.
- If caller disconnects, call back immediately.
If no answer, dial 911 and VCL **Dial 988 then Press 1**



Military Culture

Military Courtesy



[Hand Salute](#), Department of Defense

Military Courtesy

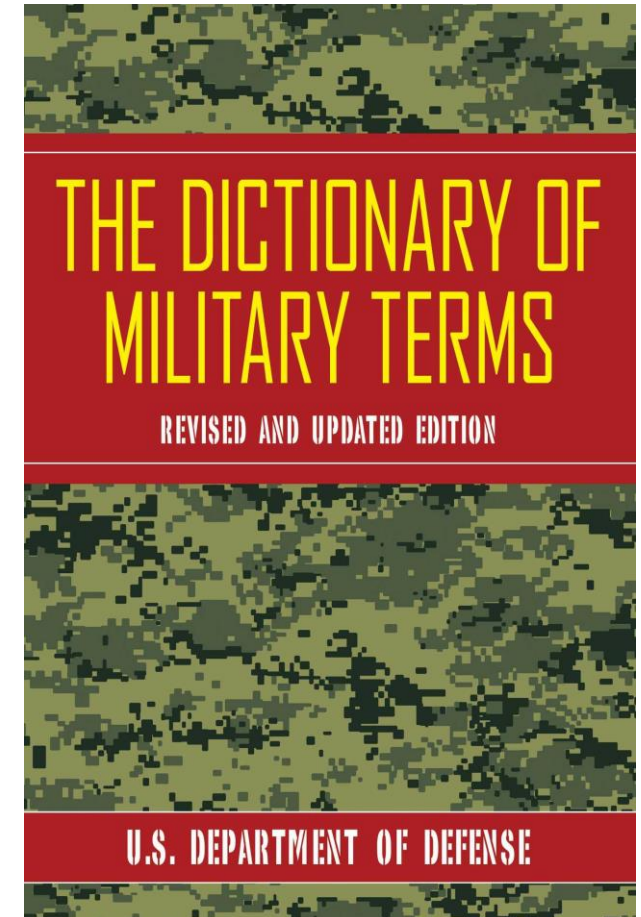
Common statements that can be aggravating to Veterans

- Everyone in the service has PTSD (Posttraumatic Stress Disorder)
- Everyone in the military is a soldier
- Did you kill someone
- You don't look like a Veteran
- Do you have MST (Military Sexual Trauma)
- You are not a Veteran if you did not go to combat
- Treat them delicately, or they might snap
- I'm glad you made it back in one piece
- If you didn't go to combat your service isn't important



Understanding Military Terms & Definitions

- How do you define Veteran
- What does MOS mean
- Explain each status: Active Duty, Reserve, National Guard
- What does AWOL mean
- Explain the terms: Deployed/Deployment/Tour/OCONUS-CONUS, TDY
- What does MIA, KIA, stands for
- What does watch your Six mean
- AAFES, Class Six, Shoppette, Commissary, MWR
- Latrine, Head



<http://www.worldcat.org/oclc/903494031>

What Are the Branches Of Service

- **Army** Soldiers
- **Air Force** Airman
- **Navy** Sailor
- **Marine Corps** Marine
- **Coast Guard** Coast Guardian
- **Space Force** Guardian



Basic Training & Advance Individual Training

Basic Combat Training, the instilling Values (BCT)

- Lasting for 10 wks.
- Consisting of In-processing at the Reception Station where vaccination, record building, issue of equipment, ID tags & Card, Medical examination happens.
- 3 phases Red-White-Blue

Advanced Individual Training (AIT)

- Training focused on the individual Military Occupational Specialization (MOS) Length of time varies by the occupation.
- First 7 weeks dedicated to becoming a Nationally Registered Emergency Medical Technician
- 8 weeks learning to treat injuries commonly seen in war
- Final 2 weeks, Soldier Medic Training Site, Combat environment that induces stress like an actual combat scenario.



Images: U.S. Dept of Defense

Understanding Rank

- Junior Enlisted
- Non-Commissioned Officer
- Commissioned Officer
- Warrant Officer

E1-E4

E5-E9

O1-O10

W01-CW5

RANK INSIGNIA OF THE U.S. ARMED FORCES

ENLISTED

E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	ARMY - AIR FORCE - MARINES	
Private E-1 (PV1)	Private E-2 (PV2)	Private First Class (PFC)	Specialist (SP4)	Sergeant (SGT)	Staff Sergeant (SSG)	Sergeant First Class (SFC)	Master Sergeant (MSG)	First Sergeant (1SG)	Sergeant Major (SMA)	Sergeant Major of the Army (SMAA)

MARINES										NAVY - COAST GUARD												
Private (PV)	Private First (PF1)	Lance Corporal (LCpl)	Corporal (Cpl)	Sergeant (Sgt)	Staff Sergeant (SSgt)	Gunnery Sergeant (GySgt)	Master Sergeant (MSGt)	First Sergeant (1stSgt)	Sergeant Major (SgtMaj)	Sergeant Major of the Marine Corps (SgtMajMC)	Sergeant Major of the Marine Corps (SgtMajMC)	Ensign (ENS)	Lieutenant Junior Grade (LTJG)	Lieutenant (LT)	Lieutenant Commander (LCDR)	Commander (CDR)	Captain (CAPT)	Rear Admiral Lower Half (RADM/L)	Rear Admiral Upper Half (RADM/U)	Vice Admiral (ADM)	Admiral (ADM)	Fleet Admiral (FADM)

AIR FORCE										NAVY - COAST GUARD												
Airman Basic (AB)	Airman (Amm)	Airman First Class (AFC)	Senior Airman (SA)	Staff Sergeant (SSgt)	Technical Sergeant (TSgt)	Master Sergeant (MSGt)	First Sergeant (1stSgt)	Senior Master Sergeant (SMSgt)	Chief Master Sergeant (CMSgt)	Chief Master Sergeant of the Air Force (CMSgtAF)	Chief Master Sergeant of the Air Force (CMSgtAF)	Warrant Officer (WO1)	Chief Warrant Officer (CWO2)	Chief Warrant Officer (CWO3)	Chief Warrant Officer (CWO4)	Chief Warrant Officer (CWO5)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)

NAVY										NAVY - COAST GUARD												
Seaman Recruit (SR)	Seaman Apprentice (SA)	Seaman (SN)	Petty Officer Third Class (PO3)	Petty Officer Second Class (PO2)	Petty Officer First Class (PO1)	Chief Petty Officer (CPO)	Senior Chief Petty Officer (SCPO)	Master Chief Petty Officer (MCPO)	Force or Fleet Command Master Chief Petty Officer (FCMCP)	Master Chief Petty Officer of the Navy (MCPON)	Master Chief Petty Officer of the Navy (MCPON)	Warrant Officer 1 (WO1)	Chief Warrant Officer (CWO2)	Chief Warrant Officer (CWO3)	Chief Warrant Officer (CWO4)	Chief Warrant Officer (CWO5)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)	Warrant Officer 1 (WO1)

COAST GUARD										MARINES										AIR FORCE									
Seaman Recruit (SR)	Seaman Apprentice (SA)	Seaman (SN)	Petty Officer Third Class (PO3)	Petty Officer Second Class (PO2)	Petty Officer First Class (PO1)	Chief Petty Officer (CPO)	Senior Chief Petty Officer (SCPO)	Master Chief Petty Officer (MCPO)	Command Master Chief (CMC)	Master Chief Petty Officer of the Coast Guard (MCPON)	Master Chief Petty Officer of the Coast Guard (MCPON)	Warrant Officer (WO)	Chief Warrant Officer (CWO2)	Chief Warrant Officer (CWO3)	Chief Warrant Officer (CWO4)	Chief Warrant Officer (CWO5)	Warrant Officer (WO)	Warrant Officer (WO)	Warrant Officer (WO)	Warrant Officer (WO)	Warrant Officer (WO)	Warrant Officer (WO)							

RANK INSIGNIA OF THE U.S. ARMED FORCES

OFFICERS

O-1	O-2	O-3	O-4	O-5	O-6	O-7	O-8	O-9	O-10	SPECIAL
Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTJG)	Colonel (COL)	Brigadier General (BG)	Major General (MG)	Lieutenant General (LTG)	General (GEN)	General of the Army (GA)

ARMY - AIR FORCE - MARINES										NAVY - COAST GUARD											
Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTJG)	Colonel (COL)	Brigadier General (BG)	Major General (MG)	Lieutenant General (LTG)	General (GEN)	General of the Army (GA)	Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTJG)	Colonel (COL)	Brigadier General (BG)	Major General (MG)	Lieutenant General (LTG)	General (GEN)	General of the Army (GA)

W-1	W-2	W-3	W-4	W-5
Warrant Officer (WO1)	Chief Warrant Officer (CWO2)	Chief Warrant Officer (CWO3)	Chief Warrant Officer (CWO4)	Chief Warrant Officer (CWO5)

NAVY - COAST GUARD				
Warrant Officer 1 (WO1)	Chief Warrant Officer (CWO2)	Chief Warrant Officer (CWO3)	Chief Warrant Officer (CWO4)	Chief Warrant Officer (CWO5)

MARINES				
Warrant Officer (WO)	Chief Warrant Officer (CWO2)	Chief Warrant Officer (CWO3)	Chief Warrant Officer (CWO4)	Chief Warrant Officer (CWO5)

AIR FORCE				
NO INSIGNIA	NO INSIGNIA	NO INSIGNIA	NO INSIGNIA	NO INSIGNIA

<https://www.defense.gov/Resources/Insignia/>

Links to the Military Branches



Resources

Free, Confidential Support 24/7/365

Be prepared.
Save the number.
Dial 988 then Press 1



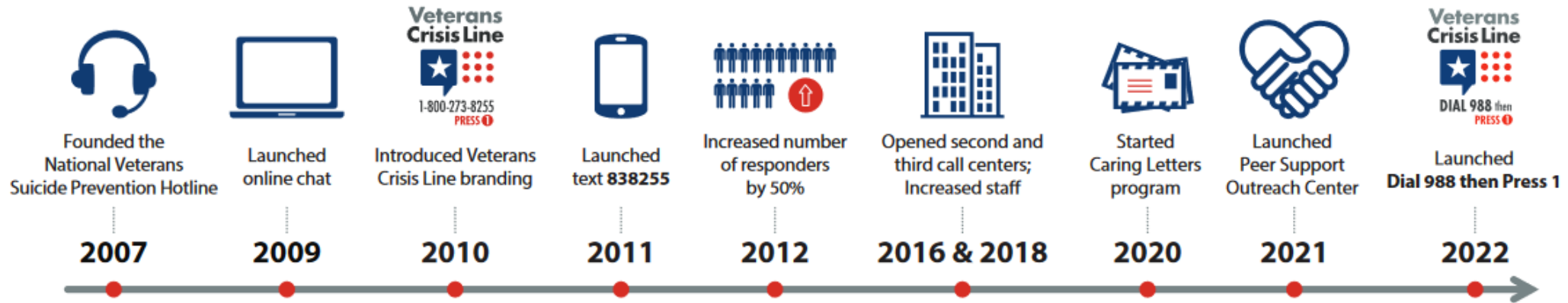
- Veterans
- Family members
- Service members
- Friends

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The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators, who will follow up and coordinate care.



More than
6.2 million
calls



More than
253,000
texts



More than
739,000
chats



More than
1.1 million
referrals

to VA Suicide Prevention Coordinators

More than
233,000
dispatches of
emergency services



Call then Press 1

or Text 838255

Chat

How We Help ▾ Signs of Crisis Resources and Support ▾ About ▾

Home > Local Resources

Local Resources

Are you looking for clinical care or counseling? Assistance with benefits? No matter what you're experiencing, we're here to connect you with resources and support systems to help.

Search Local VA Resources

ZIP Code:

Show Results Within:

Enter a 5-digit ZIP

50 Miles ▾

Search

More than 400 SPCs nationwide.



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<https://www.veteranscrisisline.net/find-resources/local-resources/>

Mental Health Mobile Apps

Mobile Apps - PTSD: National Center for PTSD

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



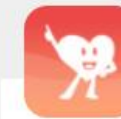
ACT Coach

Related

These apps help with related issues affecting people with PTSD.



COVID Coach



Couples Coach



Insomnia Coach



StayQuit Coach

Don't Wait. Reach out. #VetsReachOut

No mission should be fought alone.

Life has its challenges. You don't have to solve them alone. That's true whether it's an everyday struggle, or something more complicated.

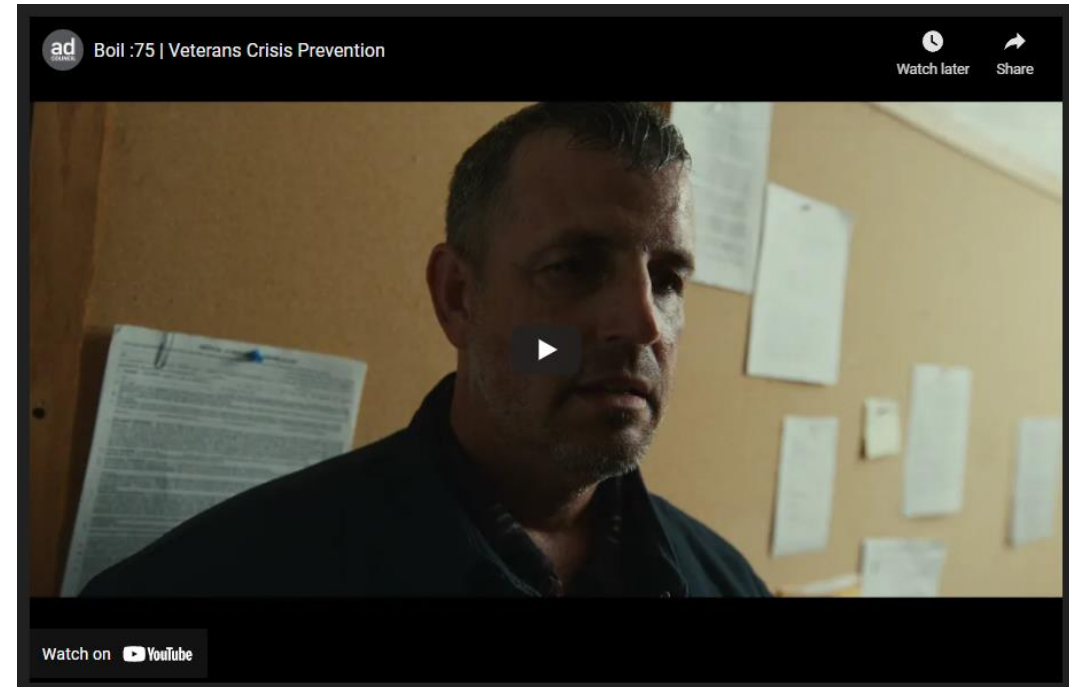
This site was designed for Veterans to proactively seek support and resources.

You're not alone. You've got this. Don't wait. Reach out.

Brought to you by:



&



[Watch: Boil :60 | Veterans Crisis Prevention - YouTube](#)

Coaching into Care

Program for families and loved ones of Veterans, helping them encourage the Veteran in their lives to seek support.



CALL 888-823-7458

<https://www.mirecc.va.gov/coaching/>



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Practice safe storage of firearms, medications and other lethal means

- Visit www.KeepItSecure.net to learn more about the importance of firearm and other lethal means safety.
- Nearly half of all Veterans own a firearm, and most Veteran firearm owners are dedicated to firearm safety.
- Firearm injuries in the home can be prevented by making sure firearms are **unloaded**, **locked**, and **secured** when not in use, with ammunition stored in a separate location
- There are several effective ways to safely secure firearms. Learn more and find the option that works best for you and your family from the National Shooting Sports Foundation at www.nssf.org/safety

VA » Health Care » REACH » Firearm Suicide Prevention & Lethal Means Safety

REACH

► Mental Health
► More Health Care


QUICK LINKS


Hospital Locator
Zip Code Go

Health Programs


Protect Your Health

A-Z Health Topics

 **Veterans Crisis Line**
1-800-273-8255 PRESS 1

 **My healthvet**
My Health, My Care: 24/7 Access to VA

FIREARM SUICIDE PREVENTION & LETHAL MEANS SAFETY



KeepItSecure.net

PRACTICE SAFE STORAGE OF FIREARMS, MEDICATION & OTHER LETHAL MEANS

Lethal means are objects like guns, medications, alcohol, opioids or other substances, ropes, cords, or sharp objects that can be used during a suicidal crisis. If a Veteran is in crisis or having suicidal thoughts, these items can become deadly when they are easily accessible. For example, nearly 7 out of every 10 Veteran deaths by suicide are the result of firearm injuries (Dept. of Veteran Affairs, 2018).

Increasing the time and distance between someone in a suicidal crisis and access to lethal means can reduce suicide risk and save lives. There are simple steps you can take to protect yourself and your family. On this page, you'll find:

- How to identify and handle a suicidal crisis
- Helpful tips for storing guns, medications, and other lethal means
- Additional resources about safe storage

VA S.A.V.E. Training

This free suicide prevention training video is less than 25 minutes long and available to everyone, 24/7. It's offered in collaboration with the PsychArmor Institute.



Available online for free: <https://psycharmor.org/courses/s-a-v-e/>



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Questions?
