

Mental Wellness and Self Care

APPS FOR VETERANS

VA App Store

<https://mobile.va.gov/appstore>



Beyond MST

Cope with challenges and improve your quality of life after military sexual trauma (MST).

Android iOS



Couples Coach

Explore ways to connect with your partner to improve communication and satisfaction in your relationship.

Android iOS



ACT Coach

Practice lessons learned during acceptance and commitment therapy (ACT) in your daily life.

Android iOS



AIMS for Anger Management

Better track, address, and manage your anger with AIMS.

Android iOS Web



Annie For Clinicians

Clinicians, meet Annie. She can help you support Veterans.

Web



Annie for Veterans

Receive text reminders to help you manage your care.

Web



CPT Coach

Enhance your cognitive processing therapy (CPT) treatment for PTSD.

Android iOS



Live Whole Health

Learn skills to help you reach your whole health goals.

Android iOS



Mindfulness Coach

Learn mindfulness to reduce stress and improve emotional balance.

Android iOS



Insomnia Coach

Guided training and tips to help you track insomnia and improve sleep.

Android iOS



MHA for Veterans

Take a variety of mental health assessments from the comfort and convenience of home.

Web



MOVE! Coach

Lose weight with this app's 16-week weight loss program.

Android iOS

Mental Wellness and Self Care Apps for Veterans

VA App Store

<https://mobile.va.gov/appstore>



PE Coach

Use this app during prolonged exposure (PE) therapy with a health professional.

Android iOS



PTSD Coach

Access tools, educational resources, and self-assessments to help manage the stresses of daily life with PTSD.

Android iOS



Share My Health Data

View data from your health tracking devices all in one place and share it with your VA care team.

Android iOS



Stay Quit Coach

Create a tailored plan to quit smoking and stay smoke-free.

Android iOS



VetChange

Develop healthier drinking habits through this app's tools and guidance.

Android iOS



PFA Mobile

Assists with administering PFA during a response effort.

Android iOS



PTSD Family Coach

Receive the support you need for living with someone who has PTSD.

Android iOS



STAIR Coach

Enhance your in-person STAIR psychotherapy with interactive tools and education.

Android iOS



VA Health Chat

Chat with VA staff members through easy online access (available at limited sites).

Android iOS Web

**Mental Wellness and
Self Care
Apps for Veterans**

VA App Store <https://mobile.va.gov/appstore>



PTSD Coach is a **free, easy-to-use mobile application**. It was developed by the Department of Veterans Affairs (VA) in 2011. It is a convenient way to learn about the symptoms of posttraumatic stress disorder (PTSD). You can also learn about coping skills and PTSD treatments. Research studies have shown that **PTSD Coach can reduce PTSD symptoms**, especially when used as part of therapy. The app may also help with symptoms of depression. PTSD Coach is not meant to replace professional care.

PTSD Coach

www.ptsd.va.gov/appvid/mobile

MANAGE YOUR SYMPTOMS

PTSD Coach can support you with tools to help manage symptoms of PTSD.

- Practice relaxation, mindfulness, and other stress-management exercises
- Manage unwanted feelings and thoughts in-the-moment
- Personalize or create new coping tools using your own audio, pictures, or text

TRACK YOUR SYMPTOMS

Answer questions about your thoughts, feelings and behavior over the past month. Feedback based on your responses will include tools that might help you feel better. Set a reminder on your device to re-take the assessment in the future and track your symptoms over time.

LEARN ABOUT PTSD

Find answers to many of the common questions people have about PTSD, like:

- How does PTSD develop and how common is it?
- What are the symptoms of PTSD?
- What treatments work for PTSD?

GET SUPPORT

Use PTSD Coach to learn more about professional treatment options. Locate a mental health care provider near you. Learn how to grow your own personal support system by connecting with people you trust. Add contact information for friends and loved ones who can help when you're feeling stressed. If you're in crisis, you can choose from resources that will connect you with people who are ready to help.

PERSONALIZE THE APP

Select the menu in the top left corner of the app and select Personalize

- Features like the daily quote on the home screen can be turned on or off
- The app language can be switched from English to Spanish



REFERENCES

Gruba, C., Kirk, B., Ma, V., Zappala, A., Chen, J., Kohn, E. (2018). Veterans Affairs and the Department of Defense mental health app(s) & systems of the future. *Psychological Services*, 17(1), 103-111. doi:10.1037/ser0000229

Gruba, C., Kohn, E., Wenzel, B., McGee-Gibson, K., Jurgas, K., Hoffman, J., & Rosen, C. (2018). VA mobile app(s) for PTSD and related posttraumatic stress disorder: An overview and future work. *Journal of Health Care for the Elderly*, 31(1), 10-24. doi:10.1177/0898010118780507



For more information, visit:
www.ptsd.va.gov/appvid/mobile

Date Created: January 24, 2020



NAMI Homefront



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[NAMI Ending the Silence](#)

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[NAMI Sharing Hope: Mental Wellness in the Black/African Ancestry Communities](#)

[Community Health Equity Alliance](#)

[NAMI Compartiendo Esperanza: Mental Wellness in Hispanic/Latin American Community](#)

[NAMI Smarts for Advocacy](#)

[NAMI FaithNet](#)

[NAMI Sharing Your Story with Law Enforcement](#)

Military Service Members, Veterans And Their Families!

We understand attending an in-person class can be difficult for busy individuals and families. NAMI is excited to announce the launch of our free online suite of resources for caregivers, family members, and military service members and veterans designed to increase understanding, communication, wellness and advocacy skills.

Accessible through computers or mobile devices, **NAMI Homefront Mental Health Resources** is available 24/7 and includes information about:

- Mental health conditions
- Treatment options
- Approaches to increase overall wellness
- Tips for self-care and managing stress
- Communication strategies
- Transitioning from military to civilian life
- Links to helpful organizations and crisis services
- And more!

[ACCESS NAMI HOMEFRONT MENTAL HEALTH RESOURCES](#)



[HOME](#) / [HOW WE MAKE A DIFFERENCE](#)

IMPACT

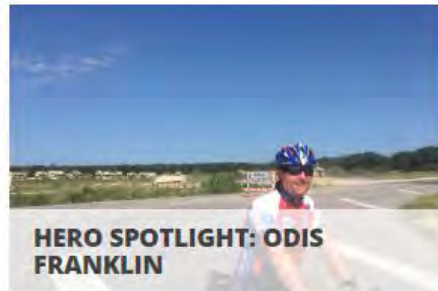
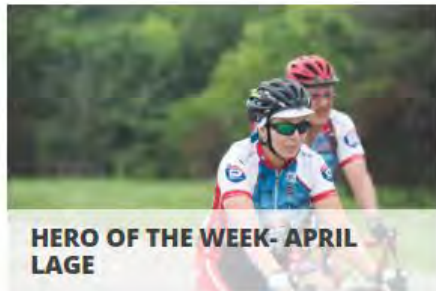


From building and donating adaptive bikes and producing cycling events throughout the nation to supporting community-based rehabilitation and recovery programs and important medical and clinical research, Project Hero is raising awareness of the national PTSD mental health crisis and making a difference in the lives of thousands of Veterans and First Responders, as well as their families and communities.

Our programs have helped more than 10,000 Veterans and First Responders through cycling-based programs and other events since 2008. Project Hero participants record elimination of and decreases in use of prescription drugs of as much as 65 percent, greater injury recovery rates, improved sleep habits and overall improvement in daily life functions.

Project Hero has built more than 200 adaptive bikes for injured Veterans, donated more than 2,500 bikes to Veterans and logged more than 30,000 bicycling miles in 30 states and 6 countries to bring hope, recovery and resilience in support of America's Healing Heroes.

For more information, email us at info@weareprojecthero.org.





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Mental Health

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QUICK LINKS

 Hospital Locator

 Health Programs

 Protect Your Health

 A-Z Health Topics



Tobacco and Health

Overview

Why Quit

How to Quit

Quit VET

SmokefreeVET

en Español

 Are you a Veteran in crisis or concerned about one?

Find support anytime day or night ▾

Great American Smokeout

View resources ▾



VA Tobacco Cessation Resources



Counseling

Call **Quit VET (1-855-QUIT-VET, 1-855-784-8838)** to speak to a tobacco cessation counselor between 9 a.m. and 9 p.m. Eastern time, Monday through Friday. Quit VET connects Veterans to a trained counselor who can help develop a quit plan and provide ongoing counseling and support to prevent relapse.



Text Support

Sign up for **SmokefreeVET** to receive texts with tips and tools to beat cravings by texting **VET** to **47848**. Benefits of signing up for SmokefreeVET include regular text messages and extra support at your fingertips when you text the keywords URGE, STRESS, SMOKED, and DIPPED to 47848.



Online Support

Follow the SmokefreeVET Facebook page for tips and encouragement from other Veterans facebook.com/smokefreevet



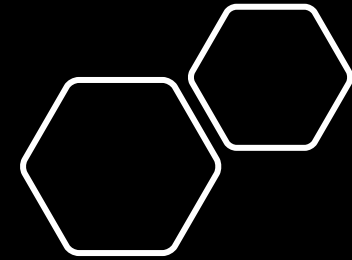
Medications

Talk to your doctor about using the patch, gum, lozenges, or other medications to help you quit. Watch a video to learn about VA's proven approach, combining **counseling with medication**.



Self-Help

Find VA resources and more tips for quitting at mentalhealth.va.gov/quit-tobacco and veterans.smokefree.gov



1-855-QUIT-VET

1-855-784-8838

Monday-Friday | 9 am-9 pm ET

Quitline counselors provide callers with:

- Individualized counseling
 - Help formulating a quit plan
 - Strategies to prevent relapse
 - Up to 4 scheduled follow-up calls
 - Counseling in English and in Spanish
-

There is no limit to the number of times a Veteran may call the quitline



Veteran information is kept private

Only available to Veterans enrolled in VHA care

- Warm transfers of callers in emotional distress to the Veterans Crisis Line. Counselors receive the SAVE training annually.
-

In collaboration with the National Cancer Institute

Mental Health Now Located at Phoenix 32nd St. VA Clinic

The Jade/Opal Clinic (General Mental Health) has moved to Phoenix 32nd St. VA Clinic, 2nd floor, located at 400 N 32nd street, Phoenix AZ 85008.

Mental Health Same Day Clinic is available at Phoenix 32nd St. VA Clinic from 8 am - 4 pm. Intakes for new patients are being done via scheduled appointments, which can also be requested by calling the MH Call Center at 602-222-2752.

Neuropsychology and Health Psychology are now located in Jade/Opal.
Walk in mental health services are not available in Jade Opal Clinic.

<https://fb.watch/nsryhph6KI/>



WE HAVE MOVED

VA Southern Arizona health care



Tucson VA Medical Center

3601 South Sixth Avenue
Tucson, AZ 85723-0001

<https://www.va.gov/southern-arizona-health-care/>

Main phone: [520-792-1450](tel:520-792-1450)

Mental health care: [520-629-4884](tel:520-629-4884)





U.S. Department
of Veterans Affairs

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Phoenix Vet Center

We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

On this page

- ↓ [Locations and contact information](#)
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- Metallica & Veterans Crisis Prevention :30
<https://youtu.be/cRekrEYtHwY>



VA S.A.V.E. Training

Supporting Our Veterans

What is VA S.A.V.E. Training?

VA S.A.V.E. Training will help you act with care and compassion if you encounter a Veteran who is in crisis or experiencing suicidal thoughts. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention:

- S** Signs of suicidal thinking should be recognized
- A** Ask the most important question of all — *"Are you thinking of killing yourself?"*
- V** Validate the Veteran's experience
- E** Encourage treatment and Expedite getting help

You can prevent Veteran suicide.
Start by learning the VA S.A.V.E. acronym.

Supporting our Veterans

You can support a Veteran through a crisis. Keep these tips in mind when talking with a Veteran who may be 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 — There are no quick solutions, but help is available

Additional Resources

VA Mental Health Services: Get information about inpatient and outpatient services available through VA at www.mentalhealth.va.gov.

Online Resource Locator: Find VA facilities, Vet Centers, suicide prevention coordinators, and other VA resources at www.VeteransCrisisLine.net/ResourceLocator.

Make the Connection: Veterans and their loved ones can find out how to connect with VA resources at www.MakeTheConnection.net.

Posttraumatic Stress Disorder (PTSD) Program: Locate the VA PTSD program nearest you at www.ptsd.va.gov.



Confidential chat at
VeteransCrisisLine.net or text 838255

VA S.A.V.E. TRAINING: SUPPORTING OUR VETERANS

Signs of Suicidal Thinking

There are behaviors that may be signs a Veteran needs support. 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

The presence of the following signs in a Veteran requires immediate attention:

- When asked, they express a desire to hurt or kill themselves
- When prompted, they reveal they are looking for ways to kill themselves
- They talk about death, dying, or suicide
- They begin to exhibit self-destructive behavior, such as increased drug or alcohol use, talking about acquiring/using weapons for self-harm, and stockpiling medication

Ask the Question

There are behaviors that may be signs a Veteran needs support. Know how to ask the most important question of all:

"Are you thinking of killing yourself?"

Other ways to ask the question include:

"Are you thinking of suicide?"

"Have you had thoughts about taking your own life?"

When asking the question, remember:

- **DO** ask the question if you've identified warning signs or symptoms
- **DO** ask the question in such a way that is natural and flows with the conversation
- **DO NOT** ask the question as though you are looking for a "no" answer ("You're not thinking of killing yourself, are you?")
- **DO NOT** wait to ask the question until he or she is halfway out the door

Validate the Veteran's Experience

As you listen to the Veteran, ask him or her to do the talking and use supportive, encouraging comments. Use the following steps to let the Veteran know that you are listening and acknowledge his or her experience:

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

Encourage Treatment and Expedite Getting Help

If a Veteran is having suicidal thoughts, remain calm and reassure them that help is available:

- **DO NOT** 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 or emergency room, OR
- Call 911

You can also call the confidential Veterans Crisis Line at **1-800-273-8255** and Press 1.

Safety is Important

Never negotiate with someone who has a gun. Get to safety and call 911. If the Veteran has taken pills, cut himself or herself, or has done harm to himself or herself in some way, call 911.



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



• • • Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255** • • •

Help for Homeless Veterans
877-4AID-VET
va.gov/homeless | (877) 424-3838

POST 9/11 MILITARY 2 VA PROGRAM



- Collaborate with Department of Defense (DoD) and other community partners to facilitate Service Member (SM)/Veteran (V) transition into the VA system
- Facilitate VHA enrollment and initial appointment scheduling for SM/V
- Screen Post 9/11 era SMs and Veterans for high risk factors and need for case management services
- Provide case management, transition and reintegration assistance
- Engage community partners, conduct outreach and deliver education
- Participate in SM/V events, such as Yellow Ribbon events and TAPS

3

https://www.va.gov/POST911VETERANS/Post_9_11_Military_2VA_M2VA_Case_Management_Program.asp

Every Veteran
has earned **help**
and **support.**



Don't wait. Reach out.

VA.GOV/REACH



VA



U.S. Department
of Veterans Affairs

Health Care

↳ **for the Veteran you are**

Questions?



Adding your gender identity and preferred name to your VA health record helps providers personalize your care.

Learn more on our website: www.patientcare.va.gov/LGBT



VA

U.S. Department
of Veterans Affairs

Pride in Your Health



Celebrating, Honoring, Serving, the
Veteran You Are. 



VA

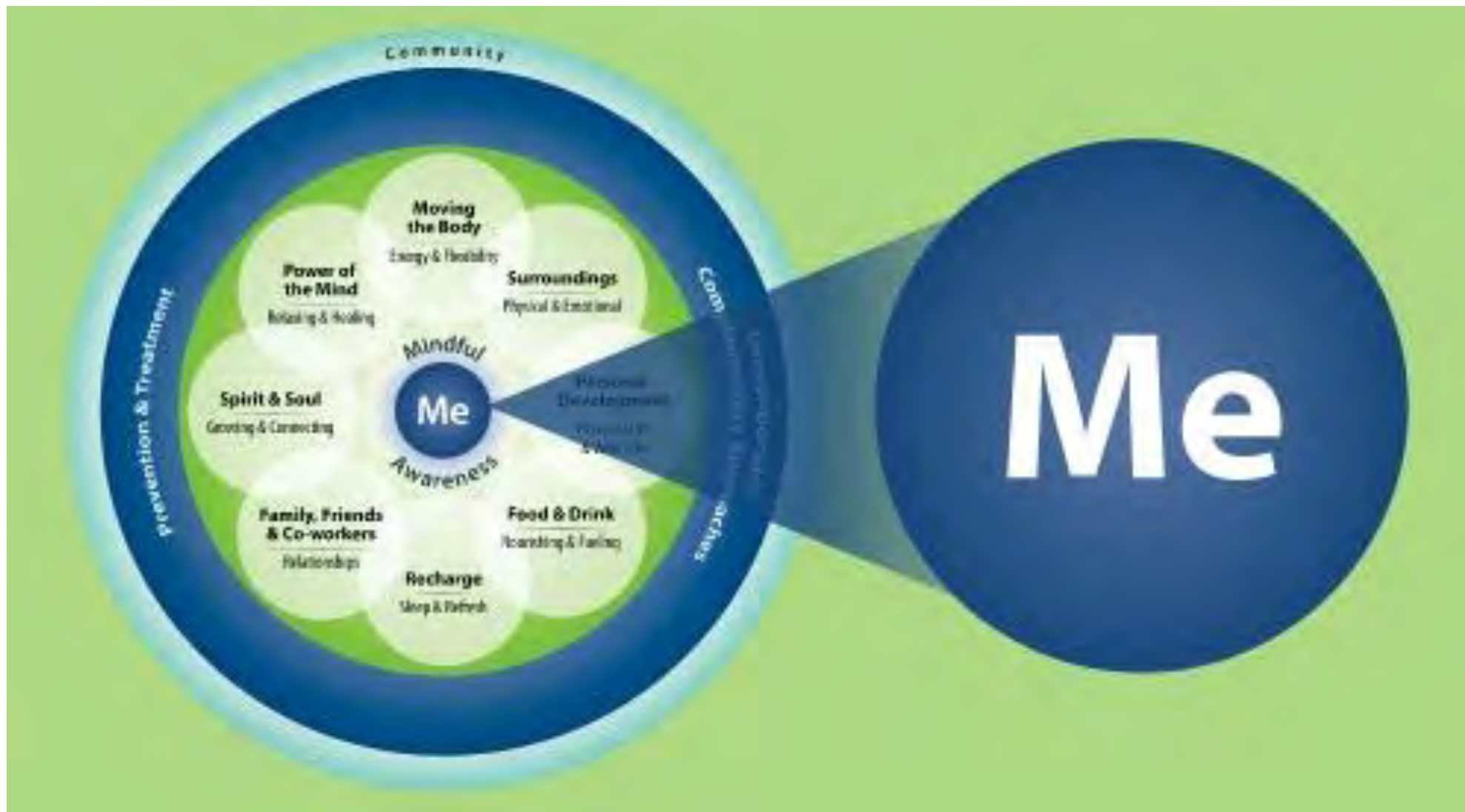


U.S. Department
of Veterans Affairs

<https://patientcare.va.gov/LGBT/>

VA Whole Health

<https://www.va.gov/WHOLEHEALTH/index.asp>



The COMPACT Act, Section 201

Benefits Overview

Section 201 of the Veterans Comprehensive Prevention, Access to Care and Treatment (COMPACT) Act of 2020 requires the Department of Veterans Affairs (VA) to directly furnish, pay for, or reimburse for emergent suicide care (to include associated transportation costs) at VA and non-VA facilities for eligible individuals in acute suicide crisis.

For additional information, please visit the COMPACT Act

Emergency Medical Care - Community Care (va.gov)

https://www.va.gov/COMMUNITYCARE/programs/veterans/emergency_care.asp

Building Relationship Health and Safety for Life



Contact Your VA Coordinator
Intimate Partner Violence Assistance Program
www.socialwork.va.gov/IPV/Coordinators.asp

The National Domestic Violence
HOTLINE
1.800.798.SAFE (7233) - 1.800.787.3228 (TTY)

Directory of Intimate Partner Violence Assistance Program (IPVAP) Coordinators

<https://socialwork.va.gov/IPV/coordinators.asp>

WOMEN DROP- IN GROUP

“Sense of Self -worth”

Providers enter a Psychotherapy Group consult Female Veterans interested in a Women's Group”

Starting

February 9,2023

Every Thursday

From

1300-1400

In Person at 32nd Street location

Contact

Carol Tucker Peer Specialist

480-510-8218

Phoenix VA Whole Health



October 2023

Intro to Whole Health (WH)

Open to all Veterans, their support system (spouse, partner, child, caregiver, parent, etc.) and VA employees to learn more about:

- Whole Health approach
- Concepts behind Whole Health living and offerings
- How to begin your Whole Health journey

Monday | 2:30 – 3:30 p.m. (Virtual)

Wednesday | 9 – 10 a.m. (Virtual)

Friday | 1– 2 p.m. (Virtual)

Taking Charge of My Life and Health (TCMLH)

Six weekly guided work groups will provide you tools and support to help you explore what matters to you and to start making a personalized health plan based on your values, needs, and goals.

*LGBTQ+ Specific Session starts November 8, 2023 | 4:00 – 5:30 p.m. (Virtual)

Tuesdays | 9 – 10:30 a.m. (Virtual)

Thursdays | 1 – 2:30 p.m. (Virtual)

Health and Wellness Coaching

Enhance your health and wellness with your own Health and Wellness Coach, who will support you in setting and achieving goals you create based on what is important to you! Health coaching is offered in-person, virtually or by phone.

To get started on your Whole Health Journey

Call: 602-277-5551 ext. 1281

Secure Message to: PHX VA VETERAN WHOLE HEALTH_WH



Whole Health Well-Being Offerings

October 2023

Well-Being Offerings

Well-being classes are offered Monday through Friday. Some classes are designed to increase strength and balance while reducing stress and pain while others are designed to promote social engagement and creative expression, all to support YOUR personal health and well-being goals.

Aqua Fitness

Low impact fitness in the pool located at Ability360: 5031 E. Washington St, Phoenix.

End Date: Oct 30

Monday | 8 - 9 a.m. and 9 - 10 a.m.

Friday | 8 - 9 a.m. and 9 - 10 a.m.

Chair Fitness

High energy seated fitness with light weights and resistance bands.

Monday | 9 - 10 a.m. (Virtual)

Wednesday | 1 - 2 p.m. (Virtual)

Gentle Movement & Guided Meditation

Seated, standing, or floor gentle movement followed by guided meditation, seated or laying down.

Monday | 1 - 2 p.m. (Virtual)

Tuesday | 9 - 10 a.m. (Virtual)

Friday | 1 - 2 p.m. (Virtual)

** If you prefer, you can choose to join for only one half hour of the group. The first half hour is gentle movement and the second half hour is guided meditation.

Tai Chi

Graceful and slow Tai Chi and Qi Gong movements which can be done seated or standing.

Tuesday | 11 a.m. - Noon (Virtual)

Thursday | 11 a.m. - Noon (Hybrid)

(In-Person @ 32nd St. Clinic, Room 3A120)

Chair Yoga

Yoga-based movements that can be done with or without the support of a chair.

Thursday | 9 - 10 a.m. (Virtual)

Feel Good Friday

High energy, fun, feel good standing fitness class.

Friday | 9 - 10 a.m. (Virtual)

Music Group

Sing or play music with fellow Veterans using your own instrument.

Tuesday | 3 - 4 p.m.

(In-Person @ Topaz Clinic- Main Facility)

Women's Mindfulness Workshop

9/26/23-10/31/23

This six week workshop will familiarize participants with a variety of mindful experiences to guide independent practice.

Tuesday | 1:30 p.m. – 2:30 p.m. (Hybrid)

(In-Person @ 32nd St. Clinic, Room 3A121)

To sign up for Well-Being Groups/Classes

Call: 602-277-5551 ext. 1281

Secure Message: PHX VA VETERAN WHOLE HEALTH_WH

Are you a Pregnant Veteran?



Feeling stressed? Joyful? Scared?

Reach Out, Stay Strong, Essentials (ROSE)

Having a baby is hard and many mothers struggle with taking care of themselves, their babies and the rest of their families.

Here at Phoenix VA Health Care System we are committed to helping mothers get a good start for their babies. When moms feel better, they raise healthier and happier children.

To register or learn more call Dr. Rhonda Casillas: 602-277-5551 Ext. 1554.

THE PROGRAM INCLUDES:

- ✓ Group or individual sessions
- ✓ In person or virtual

LEARN HOW-TO:

- ✓ Prepare for your new baby
- ✓ Manage stress
- ✓ Improve Communication Skills
- ✓ Build Social Support

VA



U.S. DEPARTMENT OF VETERANS AFFAIRS

EMPOWER
QUERI

Coaching Into Connection

For Arizona service members, veterans & their family members

The Be Connected **Coaching Into Connection** program is here to support Arizona service members, veterans & their family members.

Would you like to be more connected but don't know where to start? Does it feel too overwhelming to try new things alone? Do you wish you had someone to help you strengthen your support/social network?

Our Connection Coaches are military veterans who work with participants to:


- ✓ Identify opportunities for connection to family, friends and community.
- ✓ Create a personalized connection plan according to the individual interests of the participant (e.g., recreational activities, community events, sports, hobbies, support groups, spirituality, volunteering, and learning opportunities).
- ✓ Address any barriers to connection (e.g., transportation and cost).
- ✓ Explore new opportunities for connection.

Services are available statewide at no cost to participants and may include \$200 toward connection plan activities.

Interested in Coaching Into Connection for you or someone you know? Complete a referral form or call 866-429-8387 to connect with our team. They will help determine the best combination of services for your situation.

 Complete a Coaching Into Connection Referral Form:
www.ConnectVeterans.org/referral



 Questions? Please email non-urgent questions to:
connect@arizonacoalition.org

Care Transition Services

For Arizona service members, veterans & their family members

The Be Connected **Care Transition** program is here to support Arizona service members, veterans & their family members in these and similar situations:

- 👤 Post-emergency room visits and hospital stays
- 👤 Veterans and their families that are unhoused, in shelters or in other transitional housing
- 👤 Justice-involved
- 👤 Exiting or awaiting entry into treatment for mental health or substance use
- 👤 Other high stress situations

Our Care Navigators provide the following supportive services:

- ✔️ Development of a care plan
- ✔️ Case management
- ✔️ Support for navigating systems and resources
- ✔️ Proactive, regular follow up
- ✔️ Care coordination with family members and other providers (with permission)
- ✔️ Warm referrals to other needed resources
- ✔️ Participants may be eligible for **\$500+ in financial assistance** for related needs (e.g. transportation, housing, food insecurity, etc.)

Services are available virtually or by phone statewide at no cost to participants.

To make a referral, complete the referral form below or call 866-429-8387.



Complete a Care Transition Referral Form: www.ConnectVeterans.org/referral



Questions? Please email non-urgent questions to: connect@arizonacoalition.org

VA



U.S. Department
of Veterans Affairs

VA Suicide Prevention Resources for Clinicians, Health Care Professionals, and Educators



Resources for Clinicians, Health Care Professionals, and Educators



VA Mental Health Care

VA's repository of mental health resources, information, and data, including materials specifically for women Veterans, LGBTQ+ Veterans, Veterans transitioning from service, and older Veterans.



Veterans Crisis Line

Available 24/7 to Veterans in crisis and their loved ones. For free, confidential support, Dial 988 then **Press 1**, chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat), or text 838255.



Emergency Medical Care for Veterans

Veterans having a suicidal crisis can go to any health care facility—at a VA location or in their community—for free emergency health care, including transportation costs, inpatient or crisis residential care for up to 30 days, and outpatient care and social work for up to 90 days.



Lethal Means Safety Education and Counseling for Providers

This one-hour online course for health care providers serving Veterans in their community offers ACCME, ACCME-NP, ANCC, APA, ASWB, NBCC, and NYSED SWB accreditation.



VA Suicide Risk Management Consultation Program

Provides free, one-on-one consultations for any community or VA provider who works with Veterans at risk for suicide. The consultation is confidential and can take place by phone or email.



Older Veteran Behavioral Health Resource Inventory

This inventory provides information on resources to help health and social service professionals support older Veterans who have or are at risk for behavioral health conditions.



Community Provider Toolkit

This toolkit supports the behavioral health and wellness of Veterans receiving services outside the VA health care system.



Posttraumatic Stress Disorder (PTSD) Consultation Program

A free, national consultation program for any (non-VA or VA) provider working with a Veteran with signs or a diagnosis of PTSD.



Toolkit for Therapeutic Risk Management of the Suicidal Patient

This toolkit uses clinical, medical, and legal best practices to inform a model for the assessment and management of suicide risk.



Toolkit for Providers of Clients with Co-occurring Traumatic Brain Injury (TBI) and Mental Health Symptoms

This toolkit provides mental health clinicians necessary information to address the needs of military personnel and Veterans with a history of TBI and co-occurring mental health conditions.



Self-Directed Violence Classification System and Clinical Toolkit

This toolkit uses the classification system to track individual risk in patient care settings, implement system-wide suicide prevention strategies, and design clinical research to inform evidence-based practices.



Provider Self-Care Toolkit

Working with trauma survivors is rewarding, yet such work can create challenges. This toolkit is for providers who work with those exposed to traumatic events, to help reduce the effects of job-related stress, burnout, and secondary traumatic stress.



Veteran Cultural Competency Training

Transitioning from military to civilian life is a high-risk period for suicide. Bridging the gap between civilians and Veterans is an important step that can assist Veterans as they assimilate into civilian life.



VA Suicide Prevention Resources for Clinicians, Health Care Professionals, and Educators



Talking with a Veteran in Crisis

You don't have to be an expert to ask if someone is going through a difficult time or having thoughts of suicide. If you notice changes in a Veteran's behavior or moods and you think they might be in crisis, it's time to respond.



American Indian (AI) and Alaska Native (AN) Veterans–Community Provider Toolkit

Some understanding of AI/AN cultures helps health care providers provide higher quality care when working with Veteran clients who identify with these cultures. The resources in this toolkit can help professionals ask questions about family, upbringing, languages, and spiritual beliefs to assess the extent to which Veterans identify with AI/AN cultures.



Clergy Toolkit

Clergy and spiritual communities play an important role in supporting service members and Veterans in their personal well-being and spiritual health. Clergy members often serve as frontline mental health responders.



Veterans Employment Toolkit

This toolkit helps employers, managers and supervisors, human resources professionals, and employee assistance program (EAP) providers relate to and support their employees who are Veterans and members of the Reserve and National Guard.



Means Safety Messaging for Clinical Staff

This pocket card provides medical professionals with digestible information on ways to talk with Veteran patients about safe firearm storage.

Resources for Veterans



VA S.A.V.E. Training

This online training course, designed in collaboration with PsychArmor, teaches anyone who interacts with Veterans how to recognize warning signs of crisis and what to do to help a Veteran who may be at risk.



VA Resource Locator

Find VA facilities, Vet Centers, suicide prevention coordinators, and other VA resources.



Keep It Secure

Promotes awareness about the simple steps Veterans can take to protect themselves and their family, including information about secure gun and medication storage, the warning signs of suicide, and how to find support.



Don't wait. Reach out.

Use this site to find support and resources designed specifically for Veterans. Family members and friends can also find resources for the Veteran in their life.



Make the Connection

VA's premier mental health literacy and anti-stigma website highlights Veterans' real, inspiring stories of recovery and connects Veterans and their family members and friends with local resources.



VA Homeless Programs

If you are or know of a Veteran who is homeless or at imminent risk of homelessness, contact the National Call Center for Homeless Veterans at (877) 4AID-VET (877-424-3838) for assistance.



Together With Veterans (TWV)

TWV is a community-based suicide prevention program for rural Veterans. TWV involves partnering with rural Veterans and their communities to implement community-based suicide prevention.



Asian Americans, Native Hawaiians, and Pacific Islanders–Behavioral Health Equity

This website provides national survey reports, agency and federal initiatives, related behavioral health resources, and in-language resources on Asian American, Native Hawaiian, and Pacific Islander populations.



Uniting for Suicide Postvention

This website provides resources and support for everyone touched by suicide loss.



Suicide Prevention Resource Center

This website identifies evidence-based programs and best practices for suicide prevention.



U.S. Department of Veterans Affairs

VA Suicide Prevention Resources for Tactical, Law Enforcement, and Public Safety Professionals



Suicide prevention resources for Veterans



Veterans Crisis Line

Available 24/7 to Veterans in crisis and their loved ones. For free, confidential support, Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat), or text 838255.



VA Resource Locator

Find VA facilities, Vet Centers, suicide prevention coordinators, and other VA resources.

Firearm safety resources for Veterans



Keep It Secure

Promotes awareness about the simple steps Veterans can take to protect themselves and their family, including information about secure gun and medication storage, the warning signs of suicide, and how to find support.



Gun Storage for Your Lifestyle—A Range of Options

Find multiple options in this guide, created by the National Shooting Sports Foundation, for safely storing and protecting firearms when not in use.



You can support Veterans even more by sharing or using downloadable resources and information, including sample social media posts, newsletter content, graphics, flyers, and fact sheets.

Suicide prevention resources for Veteran supporters



VA Suicide Prevention

Explore suicide prevention resources to build networks of support among community-based organizations, Veterans Service Organizations, health care providers, and other members of your community that strengthen protective factors for Veterans.



VA S.A.V.E. Training

This online training course, designed in collaboration with PsychArmor, teaches anyone who interacts with Veterans how to recognize warning signs of crisis and what to do to help a Veteran who may be at risk.



A Toolkit for Safe Firearm Storage in Your Community

Guides communities through the process of building coalitions to raise awareness about safe storage practices.



Talking with a Veteran in Crisis

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Uniting for Suicide Postvention

Provides resources and support for everyone touched by suicide loss.



VA



U.S. Department
of Veterans Affairs

VA Suicide Prevention Resources for Veterans and Their Supporters



Resources for Veterans



VA Mental Health Care

VA's repository of mental health resources, information, and data, including materials specifically for women Veterans, LGBTQ+ Veterans, Veterans transitioning from service, and older Veterans.



Emergency Medical Care for Veterans

VA provides, pays for, or reimburses emergency care for certain Veterans and individuals—including ambulance transportation costs, follow-on inpatient or residential care related to the event for up to 30 days, and outpatient care for up to 90 days, including social work.



Veterans Crisis Line

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How to Apply for VA Benefits & Services

Veterans and service members can apply online for VA benefits and services, such as health care, education and training, housing, and burial.



Keep It Secure

Promotes awareness about the simple steps Veterans can take to protect themselves and their family, including information about secure gun and medication storage, the warning signs of suicide, and how to find support.



VA Resource Locator

Find VA facilities, Vet Centers, suicide prevention coordinators, and other VA resources.



Safe Home Environment One-Pager

Highlights ways to create a safe home environment and protect yourself and others during a crisis.



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Make the Connection

VA's premier mental health literacy and anti-stigma website highlights Veterans' real, inspiring stories of recovery and connects Veterans and their family members and friends with local resources.



Patient Care Services for LGBTQ+ Veterans

Learn more about available health care services for LGBTQ+ Veterans and download helpful resources.



VA Homeless Programs

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Uniting for Suicide Postvention

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VA Suicide Prevention Resources for Veterans and Their Supporters

Resources for Veteran supporters



VA S.A.V.E. Training

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

This brochure provides best practices for safely storing firearms and medications and advice for loved ones on how to talk to a Veteran about safe storage.



Start the Conversation

This customizable toolkit provides information about common issues that many Veterans face, as well as concrete steps to help you support a Veteran who may be dealing with emotional distress or at risk for suicide.



Talking with a Veteran in Crisis

You don't have to be an expert to ask if someone is going through a difficult time or having thoughts of suicide. If you notice changes in a Veteran's behavior or moods and you think they might be in crisis, it's time to respond.



Coaching into Care

A VA national telephone service, Coaching into Care aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran.



Together We Can Series

This series provides evidence-based information on suicide risk and protective factors for Veterans, their families, caregivers, friends, and community members.



VA Suicide Prevention Toolkit for Caregivers

This toolkit includes important information about suicide prevention, as well as evidence-based mental health and substance use disorder treatments that can help Veterans recover and meet their goals. It also includes information on how caregivers can look after their own mental health and wellness.



VA Caregiver Support Program (CSP)

CSP teams are available at each VA Medical Center (VAMC) to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.



You can support Veterans even more by sharing or using downloadable resources and information, including sample social media posts, newsletter content, graphics, flyers, and fact sheets.