

Veterans SUICIDE PREVENTION



S A V E

Signs of suicidal thinking

- Feeling like there is no way out
- Experiencing anxiety, agitation, sleeplessness or mood swings
- Feeling like there is no reason to live
- Withdrawing from family and friends

Ask questions

- Remain calm
- Listen more than you speak
- Maintain eye contact
- Limit questions: let the Veteran do the talking
- Act with confidence

Validate experience

Encourage treatment

There are no quick solutions, but help is available.

Free Suicide Prevention Training

This one-hour training presents an overview of suicide prevalence, risks and warning signs. It also provides guidance on how to intervene when someone is suicidal. This training will highlight unique risks to Veterans and provide information on how to access VA resources.

Please join us:

July 24, 2019 1:30pm-2:30pm for:

Operation S.A.V.E.

Macomb County Family Resource Center (MCFRC)/196 North Rose Street, MT Clements, MI, room 24



1-800-273-8255 **PRESS 1**

VA



U.S. Department of Veterans Affairs

Veterans Health Administration

John D. Dingell VA Medical Center