

## 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](https://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](https://mysafetyplan.org)
- **Reduce risk.** Veterans who are experiencing or are at risk of homelessness can access services via: [veteranscrisisline.net](https://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](https://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](https://veteranscrisisline.net)
- **Make the Connection:** [maketheconnection.net](https://maketheconnection.net)
- **VA Caregiver Support Program:** [caregiver.va.gov](https://caregiver.va.gov)
- **American Legion:** [legion.org](https://legion.org)
- **Veterans of Foreign Wars:** [vfw.org](https://vfw.org)
- **Military One Source:** [militaryonesource.mil](https://militaryonesource.mil)
- **Suicide and Crisis Lifeline:** [988lifeline.org](https://988lifeline.org)