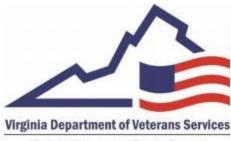


- The Veterans Crisis Line (VCL) is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring US Department of Veterans Affairs (VA) responders
- Veterans and their loved ones, or another concerned person (i.e., police officer) can call 1-800-273-8255 and Press 1, chat online at VeteransCrisisLine.net, or send a text message to 838255 to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year
- Veterans, active duty service members, current/former guard and reserve can utilize the Veterans Crisis Line, even if they are not registered with VA or enrolled in VA health care
- The National Veterans Suicide Prevention Hotline was renamed the Veterans Crisis Line in 2011 to encourage Veterans, family and friends to reach out for support when issues reach a crisis point, even if it is not a suicidal crisis
- Veterans who contact the Veterans Crisis Line can request that a Suicide Prevention Coordinator at the nearest VA Medical Center contact them to ensure continuity of care
- In 2016, Veterans accounted for 14% of all deaths by suicide amongst US adults, and made up 8.1% of the
 population
- In Virginia, 70% of Veterans who died by suicide used a firearm. If a Veteran expresses any risk factors or
 warning signs, connecting a person to mental health treatment, and talking about gun safety, locking firearms,
 or removing them from the home can save a life
- In Virginia, the suicide rate for Veterans of all age groups is significantly higher than amongst Virginians who
 are not Veterans. Virginia Veterans ages 18-34 have the highest rate of suicide, while Veterans aged 55 and
 older account for the largest number of suicide deaths
- To speak to a Suicide Prevention Coordinator at a VA Medical Center, request additional resource cards, or cable gun locks, please contact your local Suicide Prevention Coordinator Point of Contact (page 2)



Virginia Veteran and Family Support

For Virginia Veterans of all eras, National Guard and Reservists, and Families of any discharge status, VVFS is a <u>non-crisis</u> service. Hours are 8am-4:30 pm on Monday-Friday. If you or your family members need local resources and veteran peer support, please contact 1-877-285-1299

- In person (and by phone) individual and family care coordination and peer support services
- Assistance navigating VA and community behavioral health services
- Connection to employment and benefits services
- Couples and family assistance
- And So MUCH MORE. For additional DVS program information, visit https://www.dvs.virginia.gov/