



- The Veterans and Military Crisis Line (VCL) is a toll-free, confidential resource that connects all current or former service members 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, neighbor, coworker) 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
- Anyone who contacts the VCL can request that the Suicide Prevention team at the nearest VA Medical Facility contact them to ensure continuity of care

Veteran Suicide Data

- In 2017, Veterans accounted for 13.5% of all deaths by suicide amongst US adults, and made up 7.9% of the population; of Veterans who died by suicide in 2017, 38% had an encounter with Veterans Health Administration in 2016 or 2017, while 62% had not*
- **69% 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 2017, male Veterans ages 18-34 experienced the highest rates of suicide, while male Veterans aged 55 and older experienced the highest count of suicide *
- **To speak to a Suicide Prevention Coordinator at a VA Medical -Facility, request additional resource cards, or cable gun locks, please contact your local Suicide Prevention Coordinator Point of Contact (page 2)**

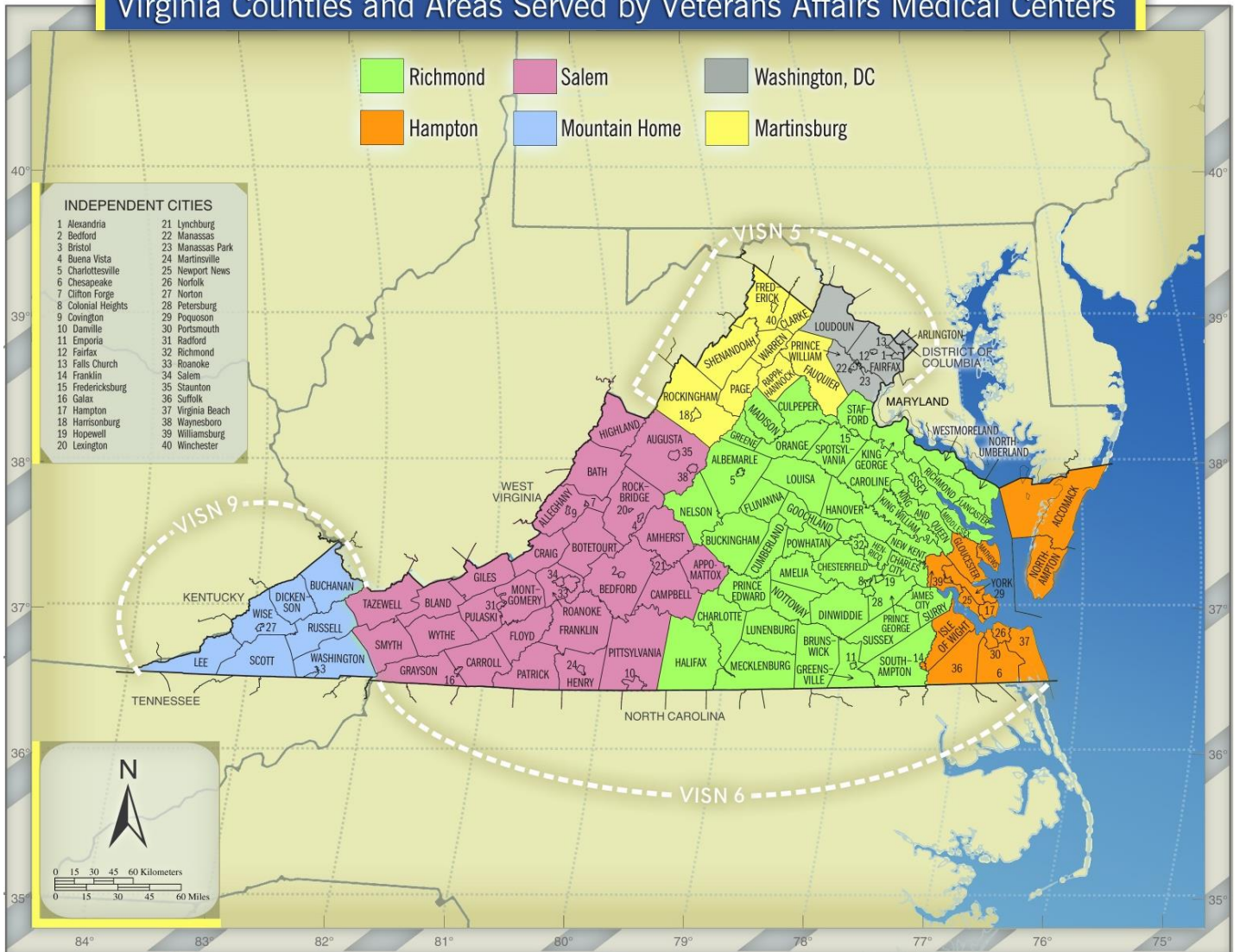
*Source: 2019 National Veteran Suicide Prevention Annual Report; https://www.mentalhealth.va.gov/docs/data-sheets/2019/2019_National_Veteran_Suicide_Prevention_Annual_Report_508.pdf, pages 5 and 26



For Virginia Veterans of all eras, National Guard and Reservists, and Families of any discharge status, VVFS is a **non-crisis** 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/>

Virginia Counties and Areas Served by Veterans Affairs Medical Centers



Department of Veterans Affairs Suicide Prevention Program Points of Contact, by region:

Central Virginia VA Health Care System (Richmond):

(804) 675-5000 ext. 4554

Salem VA Medical Center:

(540) 982-2463 ext. 2436

Washington VA Medical Center:

(202) 745-8000 ext. 54999

Hampton VA Medical Center:

(757) 722-9961 ext. 3355

Mountain Home VA Medical Center:

(423) 926-1171 ext. 7703

Martinsburg VA Medical Center:

(304) 263-0811 ext. 3624

To locate VA resources anywhere in the U.S. go to <https://www.veteranscrisisline.net/get-help/local-resources>

To learn more about Veterans Administration, including Veterans Benefits Administration and Veterans Health Administration, please go to: www.va.gov. For VA health care eligibility and enrollments, you may also call the toll-free hotline at [877-222-8387](tel:877-222-8387), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET to get help with your application.