


Veterans of Foreign Wars Auxiliary Department of Connecticut  
Veterans and Family Support  
August 2023  
Judith Barnes, Chairman



**September is Suicide Awareness Month.**

Suicide affects our veterans and their families, not only in September, but all year long.

**What can we do to help prevent it?**

Know the five warning signs:

- Personality Change,
- Agitation,
- Withdrawal,
- Poor Self-Care,
- Hopelessness.

These signs do not always manifest outwardly. A listening ear is a valuable tool to the person who is suffering in silence.

If you recognize someone in your life is suffering:

- Connect,
- Reach Out,
- Inspire Hope,
- Offer Help.

Please listen, do not judge, reach out for assistance. The appropriate support system makes all the difference in our veterans' lives. Thank you for caring!

**Veterans Crisis Line**  
**Dial 988, then Press 1 or Text 838255**

“Remember Your Why” “Banding Together for Our Veterans”

