


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



SUICIDE AWARENESS MONTH

What can we do as an Auxiliary and as an individual?  
Utilize these and other resources!

- 1) Download and print the 'VA S.A.V.E. Training Supporting Our Veterans' sheet and distribute it to members.  
[https://www.mentalhealth.va.gov/suicide\\_prevention/docs/VA\\_SAVE\\_Training.pdf](https://www.mentalhealth.va.gov/suicide_prevention/docs/VA_SAVE_Training.pdf)
- 2) Download and read the 'VA Suicide Prevention Tool Kit for Caregivers'. This 28-page guide includes a Veteran Safety Plan Template.  
<https://www.caregiver.va.gov/pdfs/VA-Suicide-Prevention-Toolkit-for-Caregivers.pdf>
- 3) Take the 'VA S.A.V. E. Training Course'. This is a free video designed with PsychArmor Institute to help viewers learn how to identify Veterans who may be at risk for suicide. <https://learn.psycharmor.org/courses/va-save>
- 4) **START THE CONVERSATION, AND OFFER SUPPORT!**
- 5) Remember the numbers below, and give them out freely.



or Text [838255](https://text.838255.com)

or 1-800-273-8255 **Press 1**

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