

# Help Prevent Veteran Suicide



## Talk to your colleagues about Lethal Means Safety (LMS) Counseling Training

We've all been touched by a Veteran, whether they're a friend, family member, colleague, neighbor or patient. They fought for our freedom. Now, VA needs **you** to help fight for their lives. Thank you for partnering with us in this important effort to prevent Veteran suicides.



## Why should I have a conversation with my colleagues?

**Did you know...** 71% of suicide attempts occur within 60 minutes of a suicidal thought? That's why it's crucial that community health care providers—**like you**—are specially trained to care for Veterans in crisis.

## Where can I have these discussions?

**Anywhere!** It can be formal or informal. Simple chats with peers can often have the most influence, so we need your help to spread the word that this training is available.



In line for coffee



In the elevator

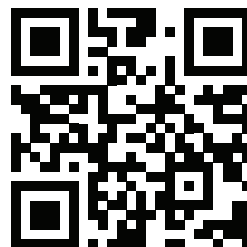


In staff meetings

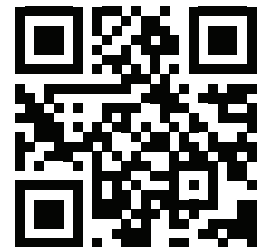
## How to Take the Training

- **VHA Train - (1 hrs)**  
( <https://bit.ly/42aq27w> )
- **PsychArmor Institute - (25 min)**  
( <https://bit.ly/3LYmlMv> )

### VHA Train



### PsychArmor





# Sample Conversation Prompts

Try starting with:

// There's a new training available from VA to help talk to Veteran patients at risk of suicide, have you heard about it? //

## "Yes"

Great! Have you taken it? What did you learn?

## "I've heard about it but haven't taken it"

Talking to a Veteran patient about suicide or securely storing their firearms while they're in crisis can be tricky. These trainings can help make it easier.

Are you planning on taking it? It's an easy way to earn some free CEUs, and it could save a Veteran's life.

Every touchpoint that Veterans have with their health care providers is an opportunity to save a life.

## "No, I haven't heard of it"

There are a lot of unique aspects of military and Veteran culture to know about when we're talking to Veterans in crisis, especially about secure firearm storage. These trainings have some tips to help make those conversations more comfortable.

## Or

It gives a lot of tips about how to have effective conversations with Veteran patients in crisis about securely storing firearms and other suicide prevention methods.



## You can be the difference

If you're comfortable, share your own story about why preventing Veteran suicide is important to you.



U.S. Department of Veterans Affairs