

# PREVENTS

The President's Roadmap to Empower Veterans  
and End a National Tragedy of Suicide



VA



U.S. Department  
of Veterans Affairs

## Take the PREVENTS Pledge...

...to support suicide prevention

Suicide is a national public health challenge that causes tremendous pain for individuals, families and communities across the country. On average, 132 Americans die by suicide each day accounting for 47,173 suicide deaths in 2017. The number of Veteran suicides has exceeded 6,000 each year from 2008-2017.<sup>1</sup> Suicide is also the 10<sup>th</sup> leading cause of death among all ages and the 2<sup>nd</sup> leading cause of death among those ages 10-35 in the United States.<sup>1</sup>

On March 05, 2019 the President signed Executive Order 13861, known as The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (or PREVENTS) calling for the development of a comprehensive plan to empower Veterans and end suicide through coordinated suicide prevention efforts, prioritized research activities, and strengthened collaboration across the public and private sectors.

Research shows that for every suicide, 135 people are personally affected — families, friends, co-workers, and community members — which means in one year, up to 6.3 million people were directly affected by suicide.<sup>1</sup>

**By taking this pledge, you are making a commitment to increase awareness of mental health issues in general and prevent suicide for all Americans.**

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<sup>1</sup> Cerel, J., Brown, M.M., Maple, M., Singleton, M., van de Venne, J., Moore, M. and Flaherty, C. (2019), How Many People Are Exposed to Suicide? Not Six. *Suicide Life Threat Behav*, 49: 529-534.



## PREVENTS Pledge of Support

The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide

I, \_\_\_\_\_, pledge to do my part to help change the national conversation around mental health and suicide.

I will learn about:

- Risk and protective factors for suicide\*
- Warning signs for suicide\*
- How to talk about suicide and use safe messaging practices \*

I will promote PREVENTS' efforts, to include:

- Initiating conversations in my community about suicide prevention efforts and support such efforts where and how I can
- Sharing social media messages from PREVENTS and/or promoting PREVENTS activities across social media channels
- Encouraging other individuals to take the PREVENTS Pledge
- Seeking opportunities to volunteer for local mental health and suicide prevention events and efforts

When I talk about suicide, I will:

- Use safe messaging
- Encourage others to utilize PREVENTS' resources to maintain their emotional well-being
- Share PREVENTS information with friends, family members, co-workers, and/or classmates

By signing this pledge, I understand that suicide prevention is a national public health challenge and that everyone has a role to play. I am committed to increasing awareness of mental health challenges and suicide prevention practices to reduce suicide for all Americans.

Signature:

Date:

\* More information is available on [www.va.gov/PREVENTS](http://www.va.gov/PREVENTS)