

NEWS RELEASE

North Florida/South Georgia Veterans Health System | Office of Communication & Outreach



FOR IMMEDIATE RELEASE

September 14, 2021



North Florida/South Georgia Veterans Health System (NF/SGVHS) encourages Veterans to ‘reach out’ for mental health assistance

N. Florida/S. Georgia - In conjunction with Suicide Prevention Month, the [North Florida/South Georgia Veterans Health System \(NF/SGVHS\)](#) is raising awareness of its mental health resources available for Veterans.

“Veterans are driven and resilient, but everyone needs help sometimes,” said Executive Health System Director David Isaacks. “Whether Veterans are looking for peer-to-peer support, clinical care, counseling, or something else, NF/SGVHS is here to help.”

Whether you’re a Veteran or a Veteran supporter there are many ways to [reach out](#):

- Calling or texting a friend or fellow Veteran to talk about what they’re going through

- Tapping into VA tools to get help when going through life's challenges:
 - [Make the Connection](#), where more than 600 Veterans and family members share their stories of strength and recovery
 - [VA Mobile Apps](#), can help to expand your clinical care beyond traditional office visits
 - [MyVA411](#), where Veterans, their families, and caregivers can call 1-800-MyVA411 (800-698-2411) to easily access information on VA benefits and services
 - If you are a supporter, reach out, offer support, and encourage the Veterans you know to ask for help when they need it. Find additional information [here](#).

During the first year of separation, Veterans often experience stress due to challenges in getting established in civilian life. [VA Solid Start](#) connects Veterans with qualified representatives who call three times during a Veteran's first year of separation to walk through the benefits, available.

The [Self-Check Assessment Tool](#) is another great way for anonymous risk assessment. It helps with understanding how stress and depression may be affecting them.

Veterans who are homeless or at risk of homelessness can get free, confidential support through the [National Call Center for Homeless Veterans](#) where trained counselors are available 24 hours a day, 7 days a week. Veterans do not have to be registered with VA or enrolled in VA health care to contact the National Call Center for Homeless Veterans.

Additionally, NF/SGVHS recently co-sponsored a virtual [Pledge to Prevent event](#) which highlighted a community collaboration with the [Northeast Florida Fire Watch Council](#) and the [Steven A. Cohen Military Family Clinic](#). The event provided preventative resources and information to aid in ending Veteran death by suicide. The recording of the event can be viewed by clicking [here](#) and entering password: NorthFlorida573!

For more information and resources, visit: [Take a Moment — Reach Out \(va.gov\)](#). *If you or someone you know is having thoughts of suicide, contact the [Veterans Crisis Line](#) to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and Press 1, text 838255, or chat online at [VeteransCrisisLine.net/Chat](#). Veterans don't have to be enrolled in VA health care or registered with VA to use the Veterans Crisis Line.*

Media covering this issue can download VA's [Safe Messaging Best Practices fact sheet](#) or visit [www.ReportingOnSuicide.org](#) for important guidance on how to communicate about suicide.

About the North Florida/South Georgia Veterans Health System

NF/SGVHS is one of the nation's largest VA healthcare systems employing more than 5,800 medical professionals and support staff dedicated to providing high quality care to Veterans residing throughout North Florida and South Georgia. The organization operates 14 facilities to include two medical centers located in Gainesville and Lake

City, a domiciliary and clinics located throughout a 50-county service area.

MEDIA CONTACT:

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*"...to care for him who shall have borne the battle
and his widow, and his orphan..."*
- President Abraham Lincoln



U.S. Department
of Veterans Affairs

North Florida/South Georgia Veterans Health System

Malcom Randall and Lake City VA Medical Center's
1601 Southwest Archer Road | Gainesville, FL 32608-1135 | PH: 352-376-1611
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The North Florida/South Georgia Veterans Health System is one of the nation's leading VA healthcare systems, employing more than 5,600 medical professionals and support staff dedicated to providing high quality care to Veterans residing throughout north Florida and south Georgia. The organization operates fifteen facilities to include two medical centers located in Gainesville and Lake City, and clinics located throughout a 50-county catchment area.

To learn more about the facilities and services offered by the North Florida/South Georgia Veterans Health System, please visit www.northflorida.va.gov or "like us on Facebook at <https://www.facebook.com/VANFSG>, or follow us on Instagram at <https://www.instagram.com/VANFSG/>

For any questions about the content of this message, please contact the North Florida/South Georgia Veterans Health System Office of Public Affairs at 352-348-7130 or email vhanflpublicaffairs@va.gov.