



VA St. Louis Health Care System  
Jefferson Barracks Campus  
1 Jefferson Barracks Dr.  
St. Louis, MO 63125

## Media Advisory

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FOR IMMEDIATE RELEASE

September 18, 2023

### VA St. Louis Health Care System Offers Resources and Events during Suicide Prevention Month

**SAINT LOUIS** – September is Suicide Prevention Month, and VA St. Louis Health Care System is reminding Veterans and their supporters everywhere that suicide is preventable and there is hope

Veterans were trained to put a mission or others before themselves, which can make it harder for Veterans to accept or ask for help. You're not alone. Resources are available for Veterans, their family members and friends to support each other:

1. If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, **Dial 988 then Press 1**, chat online at [VeteransCrisisLine.net](https://www.veteranscrisisline.net), or text **838255**.
2. Comprehensive resources for Veterans can be found [VA.gov/REACH](https://www.va.gov/REACH), There, Veterans can help manage their challenges before their stress reaches a boiling point.
3. Learn about **SAVE** Training.
  - ✓ **S** Signs of suicidal thinking should be recognized
  - ✓ **A** Ask the most important question of all — “Are you thinking of killing yourself?”
  - ✓ **V** Validate the Veteran’s experience E Encourage treatment and...
  - ✓ **E** Expedite getting help

Find out more here:

[https://www.mentalhealth.va.gov/suicide\\_prevention/prevention/index.asp](https://www.mentalhealth.va.gov/suicide_prevention/prevention/index.asp)

-MORE-

VA St. Louis Health Care System's Suicide Prevention team will be at the following events in September to answer questions and provide resources:

Sept 23rd 09:00am – 2:00pm Veteran Stand UP / Stand Down Event  
Soldiers Memorial 1315 Chestnut St. Louis, MO 63103

Sept 24th 08:30am – 3:00pm Out of the Darkness Walk  
Creve Coeur Lake Park, St. Louis, MO

Sept 26th 09:00am – 3:00pm VA Resource Fair  
Collinsville VFW Post 5691 1234 Vandalia Street, Collinsville, IL 62234

Sept 26th 11:00am – 2:00pm Fisher House Ice Cream Social  
Jefferson Barracks Division - Fisher House Bldg. 59, 1 Jefferson Barracks Drive, St. Louis, MO 63125  
(use 3100 Koch Road GPS)

Although the Veteran suicide rate meaningfully decreased in both 2019 and 2020, the suicide rate among Veterans in 2020 was 57% higher than non-Veteran adults, according to the most recent available data from the [2022 National Veteran Suicide Prevention Annual Report](#).

Suicide is complex, and stressful life events like life transitions or struggles with housing can be risk factors. Everyone can be part of the solution by checking in with the Veterans in their life and encouraging them to reach out if they need help.

Suicide Prevention is not just a month, it's year round. In addition to the events and resources listed, VA St. Louis Health Care System offers assistance for Veterans all year round. Visit the VA St. Louis Health Care website health services page for information on Mental Health care information and the Social Programs and Services area, including Homeless Veteran Care at <https://www.va.gov/st-louis-health-care/health-services/>

For the latest in VA St. Louis health Care outreach events, [www.facebook.com/VASTLouis](https://www.facebook.com/VASTLouis)

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About the VA St. Louis Health Care System

The VA St. Louis Healthcare System is a Joint Commission accredited, complexity level 1a facility serving over 70,000 Veterans across Missouri and Illinois. The Healthcare System has a 4 out of 5 star rating from the Centers for Medicare & Medicaid Services. It is a two-division, dual-affiliated tertiary care facility with a division downtown St. Louis (John Cochran Div.) and in South St. Louis County (Jefferson Barracks Div.) and outpatient clinics located in: Shiloh, Illinois, North St. Louis County, Missouri, St. Charles County, Missouri, and Washington, Missouri. For more information, visit [www.stlouis.va.gov](http://www.stlouis.va.gov). Connect with us on [Facebook](#).