

Cover Sheet - Instructions

The Seahawks Task Force 12, VA Puget Sound Health Care System and Washington State Department of Veterans Affairs (WDVA) have joined together in a grassroots campaign known as #Strength2Rise to help reduce suicide in our military and Veteran communities. We know 11 of the 17 Veterans who die by suicide each day have not recently engaged with the VA. As a community, no single agency can tackle this problem on their own. We must all come together to reach out to those Service Members, Veterans, and their families (SMVF) who are in need.

The materials in this packet serve to:

1. Provide information about key suicide prevention facts.
2. Discuss steps you can take if you encounter a SMVF who is experiencing a mental health crisis.
3. Offer ways to get involved whether through additional training, peer support, or donation.

Service Members, Veterans, and Families

Washington State is home to 555, 989 SMVF. That's roughly 13% of the total population in Washington.

Suicide is a national public health issue affecting both the Veteran and general population. However, rates of suicide in the Veteran community are roughly twice that of the non-Veteran population. In part, this may be because SMVF may not be receiving the mental health care and suicide prevention services that can help them through tough times. Because of this, community partnerships are essential to reach all SMVF where they live, work, relax, raise their families, and serve their communities.

This packet is designed to help you show your support to our military and Veteran communities.

Included in this packet, you will find the following resources:

- WA Veteran Suicide Data Sheet
- 988 Military and Veteran Crisis Line Factsheet
- Talking with a Veteran in Crisis – S.A.V.E and LEARN
- Veteran Benefit and Services in Washington State
- Veteran Training Support Center (VTSC)
- Onward Ops Program
- 988 License Plate Emblem
- Seahawks Task Force 12 QR Code Donation
- #Strength2Rise Sticker

How to Use This Resource

There are many ways to use this packet. For example, you can use the resources provided to better prepare and educate yourself, or someone you know, on how to have a conversation with someone who is in need, and how to connect them to the 988 hotline. Working together with you, we can raise awareness about suicide prevention programs and resources available across Washington State. Don't forget to take a photo with the included sticker and tag it with #Strength2Rise and share in a social media post to show your support for our military and Veteran communities. Put stickers on your water bottles, laptops, community bulletin boards, hand out during events, share with family and friends...get creative about getting the word out. Order by contacting Heather Sanchez (heather.sanchez@va.gov).

Finding the #Strength2Rise is just the beginning!