

**VA**U.S. Department  
of Veterans Affairs

# News Release

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## VA recognizes World Mental Health Day 2019

### *The global observance focuses on suicide prevention*

The U.S. Department of Veterans Affairs (VA) is joining organizations, communities, leaders and mental health professionals to observe World Mental Health Day Oct. 10.

This year's theme is 'mental health promotion and suicide prevention,' and VA is urging all Veterans, service members, family and friends to learn about the resources and support available for those experiencing signs or symptoms of a mental health condition and to help prevent suicide among Veterans.

"Suicide prevention is VA's top clinical priority," said VA Secretary Robert Wilkie. "As I've noted previously, this requires an all-hands on deck comprehensive approach. Encouraging communities to engage and participate in awareness activities is a critical element in our public health strategy to reducing Veteran deaths by suicide."

Every 40 seconds, someone dies by suicide somewhere around the world. VA and the World Federation of Health Mental Health (WFMH) want everyone to know that mental health treatment is effective, recovery is possible, and suicide is preventable.

Join VA and the WFMH in taking 40 seconds for action. Your actions may provide the encouragement a loved one needs to seek help or even help prevent a suicide attempt. Here are a few ways to participate:

- Explore the [Veterans Crisis Line and suicide prevention](#) links to learn about the many ways you can be there for a Veteran in need and more information.
- Visit [MakeTheConnection.net](#) to watch videos of over 500 Veterans — from every service era and branch — share their stories of coping with major life events, overcoming mental health challenges and finding a new sense of purpose. Then, share one of these inspiring stories with a Veteran loved one.
- Check out [MentalHealth.va.gov](#) for information and resources on a variety of mental health topics and conditions, including [suicide risk](#), [anxiety](#), [depression](#) and more.
- Connect with [Coaching Into Care](#), a free telephone service for family members, friends and loved ones of Veterans who may need mental health support. The hours of operation are Monday – Friday from 8 a.m. to 8 p.m. Call **888-823-7458** to get started.

If you are a Veteran in crisis or are concerned about one, the Veterans Crisis Line is here to help. Call **1-800-273-8255** and **Press 1**, send a text message to **838255**, or [chat online](#).

Learn more about [VA's mental health programs and resources](#).

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