



U.S. Department  
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# News Release

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## During Suicide Prevention Month VA encourages supporters to “Be There” for Veterans and help connect them with resources

**WASHINGTON** — This September, the U.S. Department of Veterans Affairs (VA) recognizes Suicide Prevention Month highlighting VA’s [Be There](#) campaign, reminding Veterans and their loved ones that small actions can make a big difference to Veterans going through difficult times.

During this and every month, **Be There** wants Veterans, community leaders and Veterans’ families and friends to know there is no special training needed to give a Veteran hope.

“There are simple ways anyone can show support for our nation’s Veterans like learning about [VA’s suicide prevention](#) efforts and recognizing the [signs](#) that a Veteran may need help,” said VA Secretary Robert Wilkie. “Take a moment to listen with compassion and let Veterans know you’re there for them.”

**Be There** suggests several simple actions that can help make a difference for a Veteran to include:

- Reaching out to Veterans by sending a check-in text, cooking them dinner or simply asking them how they’re doing.
- Learning about the warning signs of suicide found on the [Veterans Crisis Line website](#).
- Watching the free [S.A.V.E. training video](#) to learn how to respond with care and compassion if someone indicates they are having thoughts of suicide.
- Contacting VA’s [Coaching Into Care](#) program where a licensed psychologist or social worker will provide loved ones with guidance for motivating Veterans to seek support.
- Sharing stories of hope and recovery from VA’s [Make the Connection](#).

For more information and resources visit [BeThereForVeterans.com](http://BeThereForVeterans.com).

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 to 838255 or chat online at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat).

Reporters covering this issue can download [VA’s Safe Messaging Best Practices?fact sheet](#) or visit [Reporting On Suicide](#) for guidance on how to communicate about suicide.

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