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#BeThere

Mental Health and Suicide Prevention Resource Toolkit for Never Federally Activated Former Guard and Reserve Members

Suicide prevention is a top clinical priority for the U.S. Department of Veterans Affairs (VA). In 2016, former Guard and Reserve members who were never federally activated constituted about 10 percent of the total number of suicides among current and former service members. Every death by suicide is a tragedy, and we will not relent in our efforts to connect Veterans who are experiencing an emotional or mental health crisis with lifesaving support.

This toolkit was developed specifically for former Guard and Reserve members who were never federally activated, their families, and their providers. It highlights a variety of mental health and suicide prevention resources available through VA and in the community.



Resources for Former Guard and Reserve Members

These resources are available to promote healthy living for former Guard and Reserve members and support them in times of crisis.

Tool	Description	Link
Veterans Crisis Line	The Veterans Crisis Line connects former service members and their families and friends with qualified, caring VA responders. Call 1-800-273-8255 and Press 1 , text to 838255 , or chat online to receive confidential crisis intervention and support available 24 hours a day, 7 days a week, 365 days a year.	https://www.veteranscrisisline.net
inTransition	This free, confidential program offers coaching and specialized assistance over the phone for active duty service members, Guard and Reserve members, and Veterans who need access to mental health care.	https://www.pdhealth.mil/resource-center/intransition
Make the Connection	This online resource connects Veterans, their family members and friends, and other supporters with information and solutions to issues affecting their lives.	https://maketheconnection.net
Military OneSource	Military OneSource provides military personnel and their families with 24/7 support for a wide range of civilian necessities, such as tax preparation and spouse employment.	https://www.militaryonesource.mil

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Mental Health and Suicide Prevention

Tool	Description	Link
Vet Centers' Readjustment Counseling Services	Vet Centers provide a full spectrum of counseling services to Guard and Reserve members, and their families, through 300 Vet Centers, 80 Mobile Vet Centers, and the Vet Center Call Center (877-WAR-VETS, or 877-927-8387).	https://www.vetcenter.va.gov
MY3 – Support Network App	This mobile app prompts users to add the contact information of three people they would like to talk to when they are having thoughts of suicide. Users can also access important resources, including resources specific to Veterans.	<p>Apple App Store: https://itunes.apple.com/us/app/my3-suicide-lifeline/id709651264?mt=8</p> <p>Google Play: https://play.google.com/store/apps/details?id=com.nerdery.my3</p>
Suicide Safety Plan App	This mobile app allows users to input their own warning signs of suicide risk, identify coping strategies, and highlight friends, family members, and medical professionals they can call in times of crisis. It also provides emergency resources, so help is just a tap away.	<p>Apple App Store: https://itunes.apple.com/us/app/suicide-safety-plan/id1003891579?mt=8</p> <p>Google Play: https://play.google.com/store/apps/details?id=com.moodtools.crisis.app&hl=en_US</p>
Veteran Training Portal	The Veteran Training portal provides training to support Veterans in overcoming everyday challenges. The portal has tools to help Veterans develop problem-solving skills, manage anger, strengthen parenting skills, and conquer insomnia. Use of these tools is free and entirely anonymous.	https://www.veterantraining.va.gov
Virtual Hope Box App	Virtual Hope Box is designed for patients and providers to work together to help patients identify coping, relaxation, and positive thinking strategies that meet the patient's specific needs.	<p>Apple App Store: https://itunes.apple.com/us/app/virtual-hope-box/id825099621?mt=8</p> <p>Google Play: https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en_US</p>





Resources for Family Members

These resources are available to support the family members of former Guard and Reserve members.

Tool	Description	Link
American Foundation for Suicide Prevention (AFSP)	AFSP has a host of resources to help those who have lost someone to suicide, including locators for support groups and clinicians trained in suicide bereavement.	https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors
#BeThere Campaign	The #BeThere suicide prevention campaign teaches members of the community how simple acts can help save the life of a Veteran in crisis.	https://www.veteranscrisisline.net/support/be-there
Coaching Into Care	Coaching Into Care is a national telephone service that aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran.	https://www.mirecc.va.gov/coaching
PsychArmor Institute	PsychArmor Institute provides free online education to anyone who works with, lives with, or cares for service members, Veterans, and their families.	https://www.psycharmor.org
Tragedy Assistance Program for Survivors (TAPS)	TAPS offers care to those grieving the loss of a loved one who died by suicide.	https://www.taps.org/suicide
VA ACE Brochure	Developed by the Rocky Mountain MIRECC for Suicide Prevention, this brochure summarizes the steps that Veterans and their family members and friends can follow to take an active role in preventing suicide.	https://www.mentalhealth.va.gov/docs/VA_Brochure_08_25_2009.pdf





Resources for Health Care Providers

These resources are available to support health care providers who work with former Guard and Reserve members.

Tool	Description	Link
Community Provider Toolkit	The Community Provider Toolkit supports the behavioral health and wellness of Veterans receiving services outside the VA health care system.	https://www.mentalhealth.va.gov/communityproviders
Rocky Mountain MIRECC for Suicide Prevention Educational Resources	The Rocky Mountain MIRECC has created a number of educational products for clinicians. All of the materials are free and can be downloaded online or ordered through their website.	<i>Resources to download:</i> https://www.mirecc.va.gov/visn19/orderform/downloadables.asp <i>Resources to order:</i> https://www.mirecc.va.gov/visn19/orderform/orderform.asp
S.A.V.E. Training Video	Developed in collaboration with PsychArmor Institute, this 25-minute video is designed to teach anyone who interacts with Veterans how to demonstrate support and compassion when talking with a Veteran who may be at risk for suicide.	https://psycharmor.org/courses/s-a-v-e
VA Suicide Risk Management Consultation Program	The Rocky Mountain MIRECC for Suicide Prevention offers free, confidential, one-on-one consultation for any community or VA provider who works with Veterans.	https://www.mirecc.va.gov/visn19/consult

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