



U.S. Department  
of Veterans Affairs

# REACH OUT

## SEPTEMBER IS SUICIDE PREVENTION MONTH

This Suicide Prevention Month—and every month—encourage Veterans to Reach Out for support when they need it and let them know that your organization cares. You can act now to help prevent Veteran suicide later.

As a leading Suicide Prevention Month advocate, VA will amplify the message to Veterans and their networks that support is available, suicide is preventable, and resources exist to help Veterans keep fighting.

### HERE ARE WAYS YOUR ORGANIZATION CAN JOIN SUICIDE PREVENTION MONTH EFFORTS:



Share our social media messages and graphics on Facebook, Twitter, and Instagram.



Add a web banner to your facility website or office web page.



Connect with your local suicide prevention coordinator (SPC) and ask about training opportunities.



Add the Veterans Crisis Line (1-800-273-8255 and Press 1) to your signature block in case a Veteran you know is having thoughts of suicide.

Download materials and learn more about VA's Suicide Prevention Month campaign at [REACH.gov/SPM](https://REACH.gov/SPM).

*September is Suicide Prevention Month. This campaign encourages Veterans to reach out for support when going through life challenges. Reach Out is intended to empower all members of the community to play a role in preventing Veteran suicide.*