



SUICIDE PREVENTION

for Veterans

The Ohio Department of Mental Health and Addiction Services, along with you, your partners and caring citizens throughout the State share in the goal of reducing suicide in Ohio.



SUICIDE IS CLOSELY LINKED TO MENTAL HEALTH AND SUBSTANCE USE DISORDERS. **WHAT CAN YOU DO?**

MOST AT RISK

- ▶ Frequent deployments
- ▶ Traumatic events while deployed
- ▶ Service-related injury, including traumatic brain injury
- ▶ Depression, PTSD, and/or substance abuse

KNOW THE SIGNS of emotional distress & suicide

- Personality changes
 - Uncharacteristically angry, anxious, agitated, or moody
- Withdrawal or increased isolation
 - Poor self-care and/or engaging in risky behavior
- Hopeless or overwhelmed by their situation

SUPPORT

- ▶ **National Suicide Prevention Lifeline**
1-800-273-8255
- ▶ **Crisis Text Line**
text 4hope to 741 741

TAKE ACTION

- ▶ **Train** staff in suicide care practices and protocols
- ▶ **Provide** information to veterans about how to obtain behavioral health services
- ▶ **Develop** a relationship with behavioral healthcare providers that serve veterans
- ▶ **Post** information about the Veterans Crisis Line

RESOURCES

- ▶ **Ohio Department of Veterans Services**
dvs.ohio.gov/main/help-ohio-heroes.html
- ▶ **Ohio Cares**
ohiocares.ohio.gov/
- ▶ **County Coalitions for Suicide Prevention**
ohiospf.org/content.php?pageurl=county_coalitions
- ▶ **STAR Behavioral Health Providers**
starproviders.org/services/states/ohio/
- ▶ **Veterans on Campus—Kognito training**
ohiospf.org/content.php?pageurl=ocfh
- ▶ **National Alliance on Mental Illness**
nami.org/veterans
- ▶ **U.S. Department of Veterans Affairs**
mentalhealth.va.gov/suicide_prevention/
- ▶ **Mental Health First Aid**
mentalhealthfirstaid.org/
- ▶ **Ohio Department of Mental Health & Addiction Services**
mha.ohio.gov/suicideprevention



Ohio Department of Mental Health & Addiction Services | mha.ohio.gov

FOR A LIFE-THREATENING EMERGENCY, CALL 911