



VA | Defining
HEALTH CARE | **EXCELLENCE**
in the 21st Century



Information and Support After a Suicide Attempt:

A Department of Veterans Affairs

Resource Guide

for Family Members of Veterans Who are Coping with Suicidality

VISN 19 Mental Illness Research, Education and Clinical Center

Office of Mental Health Services, VA Central Office



Table of Contents

Table of Contents	2
Introduction.....	5
Purpose of this Guide.....	5
Structure of Guide.....	5
A Living Document	5
Books/Pamphlets.....	6
1. National Suicide Prevention Lifeline: After an Attempt - A Guide for Taking Care of Your Family Member after Treatment in the Emergency Room.....	6
2. After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department	6
3. Resources for Suicide Survivors.....	6
4. Children of Military Service Members Resource Guide	7
Branch-Specific Military Suicide Prevention Websites	8
1. Army Behavioral Health - Suicide Prevention	8
2. Army Suicide Prevention Program	8
3. U.S. Army Public Health Command: Suicide Prevention	8
4. Army Reserve – Suicide Prevention is Everyone’s Business.....	8
5. National Guard: Suicide Prevention	9
6. Hooah4Health	9
7. U.S. Air Force – Suicide Prevention Caring for America’s Airmen	9
8. Air Force Suicide Prevention Program	9
9. Air National Guard – Wingman Project	9
10. Navy and Marine Corps Health Center – Minding Your Mental Health.....	10
11. Navy Personnel Command – Suicide Prevention	10
12. Marine Corps Community Services – Military Life: Suicide Prevention Home	10
13. U.S. Coast Guard – Suicide Prevention Program	11
General Military and Veterans.....	12
1. Military OneSource.....	12
2. Military Health System: Suicide Prevention Awareness.....	12
3. Department of Defense/Department of Veterans Affairs Suicide Outreach Resources for Suicide Prevention (SPARRC)	12
4. Military Pathways: Mental Health, Alcohol, and Family Articles	12
5. TRICARE Military Healthcare Program: Suicide Prevention.....	13
6. Department of Veterans Affairs – Mental Health Suicide Prevention	13
7. Vet Center Supporting Combat Veterans	13
8. Make the Connection: Shared Experiences and Support for Veterans.....	13
9. Defense Centers of Excellence Suicide Prevention.....	14
10. Real Warriors.....	14
11. afterdeployment.org: Wellness Resources for the Military Community	14
12. Medal of Honor: Speak Out! Save Lives.....	14
13. Medal of Honor: SAMHSA Military Families	15



14. TAPS: Tragedy Assistance Program for Survivors	15
15. Vets Prevail.....	15
Especially for Children/Youth/Families	16
1. How to Talk to a Child about a Suicide Attempt in Your Family: Guides Targeting Age Groups 4-8, 9-13, and 14-18.....	16
2. Suicide Loss Survivors	16
3. The American Foundation for Suicide Prevention	16
4. National Alliance for Grieving Children	16
5. Support for Military Children, and Adolescents.....	17
6. Military Families Resource Center	17
7. National Resource Directory: Coping with Grief.....	17
8. The Dougy Center: The National Center for Grieving Children and Families.....	17
9. Sesame Workshop: Military Families.....	18
10. Sibling Survivors	18
11. SAVE: Coping with Loss.....	18
12. Half of Us.....	18
13. The Lifeline Gallery: Stories of Hope and Recovery	19
Multicultural/Diverse Resources	20
1. NAMI Veterans Resource Center: Veterans of Culturally Diverse Populations	20
2. National Center for PTSD: Videos	20
3. National Organization for People of Color Against Suicide (NOPCAS).....	20
4. IHS American Indian and Alaska Native Suicide Prevention Website	20
5. womenshealth.gov: Women Veterans and Mental Health.....	21
6. The American Military Partner Association.....	21
Crisis Lines and Online Chats.....	22
1. National Suicide Prevention Lifeline.....	22
2. Veterans Crisis Line.....	22
3. Vets4Warriors	22
4. The Outreach Center	22
5. DSTRESS: Win Your Personal Battles	23
6. Tragedy Assistance Program for Survivors (TAPS) Crisis Intervention.....	23
Source: Tragedy Assistance Program for SurvivorsAdditional Resources	23
Additional Resources	24
1. Centers for Disease Control and Prevention: Suicide Prevention	24
2. National Alliance on Mental Illness (NAMI) Veterans Resource Center	24
3. Befrienders Worldwide.....	24
Source: Befrienders Worldwide.....	24
4. Stop a Suicide Today!.....	24
5. Give an Hour.....	25
6. The Soldiers Project.....	25
Source: The Soldiers Project.....	25
7. Operation Reach Out: A Free Military Suicide Prevention Mobile APP.....	25



Source: MilitaryFamily.com 25
8. Terry Bradshaw's Winning Drive Against Depression..... 25
9. Education Resources 26



Introduction

Purpose of this Guide

This brief guide is designed to provide Veterans, their families, and VA care providers with resources that can serve as sources of information and support. The resources are available in various formats (e.g., websites, pamphlets) and are aimed at meeting the needs of family members of all ages.

Structure of Guide

The resources are divided into domains which are reflective of potential needs of support persons. The domains are:

- **Self Care** - Resources aimed at helping family members cope with a Veteran suicide attempt;
- **Care for Others** - Resources aimed at helping adult support persons assist others who are coping with a family member/Veteran suicide attempt (e.g., children); and
- **Prevention Post-Attempt** - Resources aimed at helping family members assist Veterans post-attempt.

Each resource includes a description, its associated domain(s), a location where the resource can be found, a source or author, and any associated cost.

A final section for acquiring additional knowledge/support entitled **Additional Resources** is also included.

If viewing this in MS Word you can follow a link by holding down the Control Key (Ctrl) and clicking the link.

This Resource Guide was created by the VISN 19 Rocky Mountain Mental Illness Research, Education and Clinical Centers (MIRECC), at the request of and in collaboration with the Office of Mental Health Services, VA Central Office. This resource guide is not intended to be exhaustive, and is not an endorsement of any commercial product. The guide is designed to provide information on many established resources.

A Living Document

It is expected that available resources will be developed and modified. As such, continued efforts will be aimed at updating this resource guide. Please contact Joe Huggins, MSW, MSCIS, 303.399.8020 ext. 3096, joe.huggins@va.gov, with additional potential resources. Updated versions of this Guide will be available on the VISN 19 MIRECC website,

http://www.mirecc.va.gov/visn19/VISN_19_Education.asp



Books/Pamphlets

1. National Suicide Prevention Lifeline: After an Attempt - A Guide for Taking Care of Your Family Member after Treatment in the Emergency Room

This brochure was developed by the National Alliance on Mental Illness (NAMI; <http://www.nami.org>) in partnership with the Suicide Prevention Resource Center (SPRC; <http://www.sprc.org>), and addresses issues occurring over time (from emergency room to return home). Tips for how to take care of yourself while helping a family member, as well as locating and accessing important supplemental care for your family (for example, mental health services, alcohol or drug abuse treatment, etc.) are highlighted also. Available free online by digital download or may be ordered in print.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://store.samhsa.gov/product/SMA08-4357>

En Español: <http://store.samhsa.gov/product/SVP08-0160S>

Source: National Alliance for Mental Illness and Suicide Prevention Resource Center

2. After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department

Also developed by the National Alliance on Mental Illness (NAMI) and the Suicide Prevention Resource Center (SPRC), this brochure discusses the challenges and sources of support while moving ahead after ER treatment for a suicide attempt. It covers topics such as coping with suicidal thoughts, developing a support system, and creating a safety plan. The brochure concludes with a listing of helpful organizations, groups, hotlines, etc., and is available by digital download or may be ordered in print.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://store.samhsa.gov/product/SMA08-4355>

En Español: <http://store.samhsa.gov/product/SVP06-0158SP>

Source: NAMI - National Alliance on Mental Illness

3. Resources for Suicide Survivors

The American Association of Suicidology gathers fact sheets and other pdf materials on topics such as surviving suicide and facilitating support groups. There is also a very helpful bibliography of AAS recommended books for suicide survivors, many of which will be of assistance to parents, children, and families.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.suicidology.org/suicide-survivor-resources>

Source: American Association of Suicidology



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century



4. Children of Military Service Members Resource Guide

The Defense Centers of Excellence compiles an extremely helpful and comprehensive guide, listing not only books, but other resources such as films, social media, films, and support groups. The guide is grouped (by age level) into the following topics: Community, Deployment, Homecoming, Mental/Emotional Health, and Moving.

Domain: Self Care

Location:

<http://www.dcoe.health.mil/Content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf>

Source: Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury



Branch-Specific Military Suicide Prevention Websites

1. Army Behavioral Health - Suicide Prevention

Army Behavioral Health features a listing of resources geared for multiple audiences, including “Soldiers” and “Children & Families,” as well topics including “PTSD” and resilience. The “Suicide Prevention” pages offer links highlighting stories, news and prevention programs for Army members and their families. (Use the left-hand toolbar to navigate to each of these pages.)

Domain: Self Care, Care for Others

Location: <http://www.behavioralhealth.army.mil/>

Source: U.S. Army Medical Department

2. Army Suicide Prevention Program

The Army makes full use of the Internet by presenting several video programs. “Shoulder to Shoulder” shares real-life stories of soldiers. “The Home Front” is an interactive video series in which you select the situation/characters with the most meaning to you. The “Training” section includes an area for family members, while the “References/Resources” section offers more information and Army-specific news.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.armyg1.army.mil/hr/suicide/>

Source: U.S. Army Deputy Chief of Staff

3. U.S. Army Public Health Command: Suicide Prevention

The United States Army Public Health Command hosts this page offering suicide prevention resources, such as videos (including the Good Charlotte music video, with dialogue from suicide survivors) tip cards, prevention posters, etc. The site also links to other sources of information, with research, events, resource kits, and additional multimedia presentations such as “A Different Kind of Courage,” discussing combat and deployment stress.

Domain: Self Care, Care for Others

Location:

<http://phc.amedd.army.mil/topics/healthyliving/bh/Pages/SuicidePreventionEducation.aspx>

Source: U.S. Army Public Health Command

4. Army Reserve – Suicide Prevention is Everyone’s Business

This Army Reserve site features the video “Shoulder to Shoulder: I will Never Quit On Life.” It speaks to soldiers and commanders about a holistic approach to strengthening positive lifestyles and reducing stigma of reaching out for help. Other Department of Defense resources are also provided.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.usar.army.mil/resources/ForSoldiers/Pages/Suicide-prevention-is-everyone's-business.aspx>

Source: Army Reserve



Defining
EXCELLENCE
in the 21st Century



5. National Guard: Suicide Prevention

An Army Staff Sergeant created this six-part examination of suicide in the National Guard, in response to extremely high rates of suicide in Arkansas' Guard. It focuses on building resiliency within the Guard, with family members of soldiers, and through leadership. The "Related Stories" and "Resources" sections provide further news, information, and resources for locating support for members of the Guard and their families.

Domain: Self Care, Care for Others

Location: <http://www.ng.mil/features/resiliency/default.aspx>

Source: National Guard

6. Hooah4Health

The resources here are designed specifically for U.S. Army Reserve Components, and target four main areas: body, mind, spirit, and environment. The Suicide Prevention pages provide a wealth of information on depression and suicide, with a drop-down menu of resources, information, and news. The site also features pages for kids

(<http://www.hooah4health.com/4life/hooah4kids/default.htm>), teens

(<http://www.hooah4health.com/4life/hooah4teens/default.htm>), and parents

(<http://www.hooah4health.com/4life/hooah4parents/default.htm>).

Domain: Self Care, Care for Others

Location: <http://www.hooah4health.com/mind/suicideprev/default.htm>

Source: U.S. Army

7. U.S. Air Force – Suicide Prevention Caring for America's Airmen

On these pages are "Commentary" and "Features," sharing personal thoughts and stories about practical ways to help prevent suicide among fellow Air Force members, as well as video and a "News" section that highlights critical topics such as post-traumatic stress, anxiety, and others.

Domain: Self Care, Care for Others

Location: <http://www.af.mil/suicideprevention.asp>

Source: U.S. Air Force

8. Air Force Suicide Prevention Program

These pages are aimed at Air Force members, including supervisors, focusing on a community effort towards the prevention of suicide. The "Resources" section is very detailed, with listings for helping agencies, hotlines, other websites, and sources of information. There is also a page with suicide prevention videos such as "Creed for a Comrade."

Domain: Self Care, Care for Others

Location: <http://afspp.afms.mil/>

Source: U.S. Air Force

9. Air National Guard – Wingman Project

This project empowers everyone with the information and tools to be someone's wingman, and to "...eliminate Warfighter and family member suicide through human outreach, media and training." After you select your state or territory you will be directed to appropriate resources



depending on your selection of who you are and what you are looking for via the drop-down menu.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://wingmanproject.org/en>

En Español: <http://wingmanproject.org/es>

Source: Air National Guard

10. Navy and Marine Corps Health Center – Minding Your Mental Health

The Navy and Marine Corps online Public Health Center provides an overview, as well as more in-depth information, about a variety of mental health topics. A section devoted to suicidal thoughts

(http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Mental_Health/mmh_suicidal.aspx) discusses signs of depression and other mental health challenges and tips on what to do if you, a friend, or a family member is experiencing suicidal thoughts.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location:

http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Mental_Health/mmh_mentalhealth.aspx

Authors: Don R. Powell, Ph.D., and the American Institute for Preventive Medicine

Source: Navy and Marine Corps Public Health Center

11. Navy Personnel Command – Suicide Prevention

The site focuses on recognizing warning signs, myths, and truths about suicide attempts and suicidal thoughts, and how you can help if you believe someone close to you is at risk for depression, suicidal thoughts, or self-harm behavior. There are also posters available for free download at the Naval Logistics Library.

Domain: Care for Others

Location:

http://www.public.navy.mil/bupers-npc/support/suicide_prevention/Pages/default.aspx

Source: Naval Personnel Command

12. Marine Corps Community Services – Military Life: Suicide Prevention Home

“Never Leave a Marine Behind” is the theme for this suicide prevention program and for the web pages and resources here. The site organizes resources for command and leaders, health professionals, and Marine & Family, which supplies a listing of family programs available such as “Lifestyle Insights, Networking, Knowledge and Skills,” and sources of assistance for Marines experiencing stress, depression, or suicidal thoughts.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.usmc-mccs.org/suicideprevent/index.cfm>

Source: Marine Corps Community Services (MCCS)



13. U.S. Coast Guard – Suicide Prevention Program

The U.S. Coast Guard Office of Work-Life Programs hosts this program, open to all active duty and reserve members, some civilian employees, and families. The site links visitors to local and national resources (such as medical clinics, the Coast Guard Employee Assistance Program, etc.), as well as Internet resources like the “I Will Never Quit on Life” video. They also now host an emergency suicide crisis service hotline, accessible 24 hours per day, via this toll-free number: 855-CGSUPRT (247-8778).

Domain: Self Care, Prevention Post-Attempt

Location: http://www.uscg.mil/worklife/suicide_prevention.asp

Source: U.S. Coast Guard's Work-Life Program: Office of Work-Life



General Military and Veterans

1. Military OneSource

Using the toolbar along the top of the page, click on “Crisis & Disasters,” then “Violence & Trauma,” and finally “Suicide” to access articles and links with family resources. Several helplines are also provided, as well as online support and information on telephone or online counseling. Financial counseling and “Health and Wellness Coaching” are offered as well.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.militaryonesource.mil/>

Source: U.S. Department of Defense

2. Military Health System: Suicide Prevention Awareness

These suicide awareness pages, hosted by the Military Health System from the U.S. Department of Defense, talk openly about the courage it takes for a warrior to seek care. Soldiers and their families will benefit from sections devoted to recognizing warning symptoms, as well as “Connect for Help,” and “Benefits and Care” sections.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: http://www.health.mil/News_And_Multimedia/Special_Features/suicide-prevention-awareness.aspx

Source: Military Health System/U.S. Department of Defense

3. Department of Defense/Department of Veterans Affairs Suicide Outreach Resources for Suicide Prevention (SPARRC)

Regardless of service branch or active duty status, this site serves to link you with the information you need via the type that is most useful to you. You may select resources based upon your branch or service history, choose to contact the Outreach Center via phone, find service local service providers to visit in person, or chat online with a Health Resource Consultant. The site also features self assessments, an e-library, and videos.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.suicideoutreach.org/>

Source: Department of Defense/Department of Veterans Affairs

4. Military Pathways: Mental Health, Alcohol, and Family Articles

Scroll down the page to access suicide-related articles for children, families, and Veterans. Other family/mental health articles (some in Spanish) address topics such as resilience for families, PTSD, depression, and alcohol use. Another feature of this site includes self-assessment screenings addressing symptoms of concern, which provide online results and recommendations. Finally, the “Pathways Blog” section provides continuing, updated information, including a blog entitled “Suicide Prevention & Awareness Blog”

(<http://www.militarymentalhealth.org/blog/category/suicide-awareness/>).

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: https://www.militarymentalhealth.org/resources/related_articles.aspx#veterans

Source: Department of Defense and the non-profit Screening for Mental Health



Defining
EXCELLENCE
in the 21st Century



5. TRICARE Military Healthcare Program: Suicide Prevention

TRICARE serves more than nine million active duty, National Guard, and Reserves members, retirees, and families of military servicemen and women. They provide healthcare plans, access to services, and other benefits. This page is dedicated to suicide prevention, with information on warning signs, and helpful information on related topics such as substance abuse, post-traumatic disorder, and depression. It includes links to other sites geared towards service members.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location:

<http://www.tricare.mil/mybenefit/ProfileFilter.do?&puri=%2Fhome%2FMentalHealthAndBehavior%2FConditions%2FSuicidePrevention>

Source: TRICARE: Military health care program

6. Department of Veterans Affairs – Mental Health Suicide Prevention

The Department of Veterans Affairs sponsors these pages on “Warning Signs,” “Suicide Prevention Resources” (specifically geared towards service members and families), and “Brochures and Information Sheets,” available for download at no cost.

Domain: Self Care, Care for Others

Location: http://www.mentalhealth.va.gov/MENTALHEALTH/suicide_prevention/index.asp

Source: U.S. Department of Veterans Affairs

7. Vet Center Supporting Combat Veterans

Vet Centers provide readjustment counseling and outreach services to Veterans who served in a combat zone, as well as services for family members. To find a vet center, visit these pages and use the clickable map, or call 24 hours a day, 877-War-VETS (927-8387). Information may also be accessed via social networking sites such as Facebook

(<http://www.facebook.com/VeteransHealth>), Twitter, etc.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.vetcenter.va.gov/>

En Español: <http://www.vetcenter.va.gov/Servicios.asp>

Source: U.S. Department of Veterans Affairs

8. Make the Connection: Shared Experiences and Support for Veterans

This site aims to connect “Veterans and their friends and family members with information, resources, and solutions for issues affecting their lives.” In addition to the section on suicide prevention, Veterans and family members may explore the video library of Veterans and their personal experiences and other resources sorted by military branch, life events and experiences, signs and symptoms, or by condition (such as PTSD, traumatic brain injury, and drug or alcohol use). The “Resources and Support” section includes a resource locator, self assessments and other self help, and information on treatment and recovery.

Domain: Care for Others

Location: <http://maketheconnection.net/conditions/suicide>

Source: U.S. Department of Veterans Affairs



Defining
EXCELLENCE
in the 21st Century



9. Defense Centers of Excellence Suicide Prevention

This comprehensive site provides both general and specific information, with printable fact sheets, a blog, newsletter, and access to a hotline, videos, podcasts, service-specific resources, family resources, and tabs with further information about topics such as traumatic brain injury.

The Defense Centers of Excellence also has a Facebook page:

http://www.facebook.com/DCoEpage?sk=app_6009294086

Domain: Self Care, Care of Others, Prevention Post-Attempt

Location: <http://www.dcoe.health.mil/ForFamilies/SuicidePrevention.aspx>

Source: Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

10. Real Warriors

Real Warriors reaches out to service members, Veterans and their families with an interactive Website (sharing service member who have sought psychological support), as well as through social media, and a mobile website. There is a section geared especially for families

(<http://www.realwarriors.net/family>), as well as one on suicide prevention

(<http://www.realwarriors.net/family/support/preventsuicide.php>). Support methods include information on journal writing, relaxation techniques, and other creative ways to combat stress, fatigue, anger, and trauma.

Domain: Self Care, Care for Others

Location: <http://www.realwarriors.net/family/support/preventsuicide.php>

Source: Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

11. afterdeployment.org: Wellness Resources for the Military Community

Designed to bring Veterans and their families support for many potential mental health challenges following deployment, this site addresses multiple topics including depression, PTSD, sleep, anger, anxiety, and includes a section for “Families with Kids.” Visitors will find video stories, workshops, self assessments, and a library, as well as community forums where Veterans interact, and expert blogs on Veteran issues.

Domain: Self Care, Care for Others

Location: <http://afterdeployment.org/>

Source: Defense Centers of Excellence and National Center for Telehealth and Technology

12. Medal of Honor: Speak Out! Save Lives.

This series of videos highlights more than 30 of our nation’s living Medal of Honor Recipients. They speak about surviving combat then winning the battle of post-traumatic stress and other wounds, physical and emotional, after returning home. This public service campaign talks about the courage it takes to seek and receive care.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.medalofhonorspeakout.org/>

Source: TriWest Healthcare Alliance



Defining
EXCELLENCE
in the 21st Century



13. Medal of Honor: SAMHSA Military Families

The Substance Abuse and Mental Health Services Administration gathers information on programs, data, publications, and multimedia that are particularly relevant to military service members and their families, including treatment of depression and suicide prevention. SAMHSA also sponsors several projects, such as the “Military Family Resources Area and Knowledge Bank” (<http://mfkb.nctsn.org/cwis/index.php>) and “Military Families Podcast Series and Webinars” (<http://learn.nctsn.org/course/view.php?id=39>).

Domain: Self Care, Care for Others

Location: <http://www.samhsa.gov/militaryfamilies/>

Source: Substance Abuse and Mental Health Services Administration

14. TAPS: Tragedy Assistance Program for Survivors

The Tragedy Assistance Program for Survivors (TAPS) was founded in the wake of a military tragedy – the death of eight soldiers aboard an Army National Guard aircraft in 1992 – and now offers services for any person, regardless of relationship, who has lost a military loved one. Services encompass financial and legal, an Iraqi Women’s Program, peer support, an online community, casework assistance, and a crisis intervention line (available toll-free, 24/7, at 800-959-8277). TAPS also hosts a page with stories and resources for suicide survivors:

<http://www.taps.org/survivors/survivor.aspx?id=6320>.

Domain: Self Care, Care of Others, Prevention Post-Attempt

Location: <http://www.taps.org/>

Source: Tragedy Assistance Program

15. Vets Prevail

This online, interactive program is designed by Vets for Vets, in an effort to make mental health services easily and readily available. Working from first-hand experience on the challenges during re-adjustment post-deployment, you will first build a profile individualized to you and then be provided an “...online program featuring dynamic, Cognitive Behavioral Therapy (CBT)-based e-learning lessons and peer-to-peer support.” This support is made available through a network of mental health professionals at the Give an Hour program (<http://www.giveanhour.org/>).

Domain: Self Care

Location: <http://www.vetsprevail.org/>

Source: Rush University Medical Center and Prevail Health Solutions, with support from the National Science Foundation



Especially for Children/Youth/Families

1. How to Talk to a Child about a Suicide Attempt in Your Family: Guides Targeting Age Groups 4-8, 9-13, and 14-18

These information sheets are intended to serve as guides for adults to use when talking with a 4-8, 9-13, or 14-18 year-old child about a suicide attempt in the family. They are not intended to replace the advice of a mental health professional. In fact, it may be best to use these along with professional support if you or your child is struggling with how to talk about this difficult topic. It is important to consider the child's level of development and ability to understand events when deciding how to talk with them about this issue.

Domain: Care for Others, Prevention Post-Attempt

Location: http://www.mirecc.va.gov/visn19/VISN_19_Education.asp#talkToKids

Source: VISN 19 MIRECC

2. Suicide Loss Survivors

The American Association of Suicidology (AAS) is a membership organization for those involved in suicide prevention and intervention, or those who have been touched by suicide. As a leader in scientific efforts towards suicide prevention through research, education, and training, AAS hosts these pages specifically targeted for suicide loss survivors. Resources encompass articles, a support group directory, personal stories, and the SOS handbook, written by a suicide survivor.

Domain: Self Care, Prevention Post-Attempt

Location: <http://www.suicidology.org/web/guest/suicide-loss-survivors>

Source: American Association of Suicidology

3. The American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) offers multi-dimensional support via its website, educational resources, and information on specific suicide prevention projects, local chapters, and other vital information. Visitors may find local and online support groups for individuals and family members of individuals who have attempted to harm themselves or who have committed suicide. The "Surviving Suicide Loss" tab found on the side links to many sources of support, including groups, a survivor outreach program, ways to remember loved ones, and other resources on how to cope.

Domain: Self Care

Location: <http://www.afsp.org/>

Source : American Foundation for Suicide Prevention

4. National Alliance for Grieving Children

NAGC provides space to share thoughts, feelings, ideas, and support for children who are grieving. An online map also connects families to real world programs and groups where you may find local resources. Under the "Resources" drop-down menu, a terrific "Activities" area offers very specific ideas for creatively expressing difficult and/or scary emotions.



Domain: Self Care, Care for Others

Location: <http://childrengrieve.org/>

Source: National Alliance for Grieving Children

5. Support for Military Children, and Adolescents

Use the toolbar on the right-hand side to navigate this site from the American Academy of Pediatrics, offering support for military children and adolescents. There is a “Video Support Program,” as well as resources and links that are geared especially to help children in military families, coping with issues such as parent deployment, loss of a loved one, and healthy communication.

Domain: Care for Others, Prevention Post-Attempt

Location: <http://www2.aap.org/sections/uniformedservices/deployment/index.html>

Source: American Academy of Pediatrics

6. Military Families Resource Center

Find expert information and guidance on topics with special relevance for military families, from the American Academy of Child and Adolescent Psychiatry. Locate resources through “frequently asked questions,” “facts for families,” links to additional resources and a section on “getting help.” There is an area covering “Children and Grief” that may be particularly helpful, and each of the facts for families areas provides suggestions for further resources.

Domain: Self Care, Care for Others

Location: <http://www.aacap.org/cs/MilitaryFamilies.ResourceCenter>

Source: American Academy of Child and Adolescent Psychiatry

7. National Resource Directory: Coping with Grief

The National Resource Directory (<https://www.nationalresourcedirectory.gov/>) “is a website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them.” The “Coping with Grief” area gathers information and resources from across the Web to aid you – practically, as well as emotionally and mentally – in times of loss or grief.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location:

https://www.nationalresourcedirectory.gov/family_and_caregiver_support/survivors/coping_with_grief

Source: National Resource Directory

8. The Dougy Center: The National Center for Grieving Children and Families

The Dougy Center provides resources geared by age groups – for kids, teens, young adults, and adults who have experienced a death, including by suicide. Resources include information, activities, support groups, and support on specific topics such as kids and funerals, handling the holidays, etc. Assistance is also available in Spanish.



Defining
EXCELLENCE
in the 21st Century



Domain: Self Care, Care of Others, Prevention Post-Attempt

Location: <http://www.dougy.org/>

Source: The Dougy Center

9. Sesame Workshop: Military Families

Well-known and loved Sesame Street characters speak to children of military families via video, in this initiative to "...help kids through deployments, combat-related injuries, and the death of a loved one." The final video, "When Families Grieve" talks directly about death and the grieving process. Guides for parents, in both English and Spanish, are available here as well.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.sesameworkshop.org/our-impact/our-stories/military-families.html>

Source: Sesame Street

10. Sibling Survivors

This site supplies information about sibling survivors, offers a place for survivors to share stories and interact, and provides a Resources section. Michelle Linn-Gust serves on the Board of Directors, and is President of the American Association of Suicidology. She is also a well-known writer and host of several sites, including Sibling Survivors and Bereaved by Suicide (<http://bereavedbysuicide.com/>).

Domain: Self Care

Location: <http://siblingsurvivors.com/>

Source: Michelle Linn-Gust

11. SAVE: Coping with Loss

Suicide Awareness Voices of Education hosts this section for those coping with loss due to suicide, and includes sections such as "What to Tell Children," and "Grief After Suicide." There are also areas for personal stories, a blog for caregivers, and information on support groups. On the main page (<http://www.save.org>), visitors may access more general information about suicide and suicide prevention strategies.

Domain: Self Care

Location: http://www.save.org/index.cfm?fuseaction=home.viewPage&page_id=EB883CA2-7E90-9BD4-C5E35440BC7761EE

Source: Suicide Awareness Voices of Education

12. Half of Us

This site is for college students, though other young adults may also find it useful. Developed by mtvU and The Jed Foundation, popular icons tell their own stories of recovery from depression and suicide.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.halfofus.com/disorder/Suicide.aspx>

Source: mtvU and The Jed Foundation



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century



13. The Lifeline Gallery: Stories of Hope and Recovery

The Lifeline Gallery: Stories of Hope and Recovery is a project founded by the National Suicide Prevention Lifeline and Link2Health Solutions, Inc. The Lifeline Gallery is an on-line community that allows survivors to tell their story. The site allows users to create an 'avatar', an on-line character that can help assist the survivor in telling their story.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.lifeline-gallery.org/>

Source: National Suicide Prevention Lifeline and Link2Health Solutions, Inc.



Multicultural/Diverse Resources

1. NAMI Veterans Resource Center: Veterans of Culturally Diverse Populations

The National Alliance on Mental Illness explores history of service by individuals from diverse cultural and ethnic groups. Resources are provided for American Indian and Alaska natives, African Americans, Asian American and Pacific Islander, as well as Gay/Lesbian/Bisexual/Transgender service members. The Multicultural Action Center provides further information, resources, and news.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: http://www.nami.org/Template.cfm?Section=Multicultural_Issues&Template=/ContentManagement/ContentDisplay.cfm&ContentID=52973

Source: National Alliance on Mental Illness

2. National Center for PTSD: Videos

Take a look at the National Center for PTSD's video section "Specific to Veterans and Minority Veterans," which offers in-depth information for Vets and families on cultural-specific military and post-military experiences. These resources are available for Latino Americans, Asian Americans and Pacific Islander Americans, African Americans, and American Indian/Native American Veterans. There are also general videos (as well as other Web pages on types of trauma, assessment, treatment, etc.) for children, families, and female Veterans. For general information on suicide and its relationship to trauma or PTSD, visit the "Suicide and PTSD" page (<http://www.ptsd.va.gov/public/pages/ptsd-suicide.asp>).

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.ptsd.va.gov/public/videos/list-videos.asp>

Source: National Center for PTSD

3. National Organization for People of Color Against Suicide (NOPCAS)

"NOPCAS serves as the only national organization of its kind addressing the issues of suicide prevention and interventions, specifically in communities of color." Links provide information on surviving suicide, resources, listing of national events, interviews accessible online, as well as other resources for families and communities.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.nopcas.com/>

Source: National Organization for People of Color Against Suicide

4. IHS American Indian and Alaska Native Suicide Prevention Website

Indian Health Services hosts this site, bringing together resources for Native American and Alaska Native communities, individuals, professional providers, and schools. Some tribe-specific resources are highlighted, as well as the ASIST Program (a two-day workshop designed to help participants recognize suicide warning signs), a school-based program called C-Care/CAST, and other information and resources.



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century



Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.ihs.gov/nonmedicalprograms/nspn/>

Source: Indian Health Services

5. womenshealth.gov: Women Veterans and Mental Health

Multiple topics affecting female Veterans are examined, such as PTSD, Military Sexual Trauma, and Intimate Partner Violence (IPV), as well as other health topics, and a section for preventing suicide among female Veterans (<http://www.womenshealth.gov/mental-health/preventing-suicide/>). Each section offers links to further information and resources from around the Web.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.womenshealth.gov/mental-health/veterans/>

Source: Office on Women's Health

6. The American Military Partner Association

The AMPA is dedicated to “connecting, supporting, honoring and serving the partners and spouses of America’s LGBT service members and Veterans – “ ‘our nation’s ‘silent heroes.’”

The “Resources” section provides an excellent listing of support, including mental health, emotional, and practical resources, as well as advocacy and materials for families with children.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://militarypartners.org/>

Source: American Military Partner Association



Crisis Lines and Online Chats

1. National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. Call for yourself or someone you care about (1-800-273-8255, and en Español, oprima el 2). Your call is free and confidential. There is also an online chat feature for persons who are currently in crisis.

Location: <http://www.suicidepreventionlifeline.org/>

Source: National Suicide Prevention Lifeline

2. Veterans Crisis Line

The Department of Veterans Affairs' (VA) Veterans Health Administration (VHA) has founded this crisis line to ensure Veterans have free, 24/7 access to trained counselors. In addition to phone assistance, Veterans may now text (838255) for assistance or access online chat. The site also features a self-check quiz, information on warning signs, how to help a loved one, and additional suicide and crisis resources.

Location: <http://www.veteranscrisisline.net/>

Source: Office of Mental Health Services, VA Central Office, and National Suicide Prevention Lifeline

3. Vets4Warriors

This hotline (1-855-VET-TALK) is a 24-hour support line staffed by Veteran peers, who have all served in the military and speak from experience. There is also a live chat option for “Web-based Peer Support.” Both options offer ongoing support, if needed, and referrals to psychological, medical, housing, and legal services.

Location: <http://www.vets4warriors.com/>

Source: Veterans, with funding from the Office of the Secretary of Defense, the Army National Guard, the Air National Guard, and the Air Force Reserve

4. The Outreach Center

The Defense Centers of Excellence provides 24-hour, seven day a week support, for warriors and family members, as well as clinicians. Trained mental health professionals with expertise in traumatic brain injury and psychological health are available by phone (866-966-1020), e-mail (resources@dcoeoutreach.org), or live chat. A page for families (<http://www.dcoe.health.mil/ForFamilies.aspx>) helps you provide everyday support for a loved one who has served.

Location: <http://www.dcoe.health.mil/24-7help.aspx>

Source: Defense Centers of Excellence



5. DSTRESS: Win Your Personal Battles

This phone line (1-877-476-7734) and live chat option are available to Marines, attached Sailors, and their families. There is also an online local resource locator (<http://www.dstressline.com/index.cfm/resources/>), where you can search by zip code, city/state, base, or national resources. The drop down menu includes suicide prevention as an option for services.

Location: <http://www.dstressline.com/>

Source: Marine Corps

6. Tragedy Assistance Program for Survivors (TAPS) Crisis Intervention

TAPS supplies 24-hour assistance to anyone who has gone through or is experiencing the loss of a military loved one, regardless of the relationship to the individual or the circumstances of death. The toll-free crisis intervention line for those dealing with grief and other issues is 800-959-TAPS (8277). More information about counseling and other resources is available on the site.

Location: <http://www.taps.org/survivors/survivor.aspx?id=6762&c=6697>

Source: Tragedy Assistance Program for Survivors



Additional Resources

1. Centers for Disease Control and Prevention: Suicide Prevention

The Centers for Disease Control (CDC) hosts this page on Suicide Prevention, which offers a broad and reliable source of information. It features fact sheets, definitions, suicide prevention programs and strategies, statistics, podcasts, and resources for specific topics, such as youth suicide, alcohol, and suicide. They also have a toll-free information line, at 800-CDC-INFO (800-232-4636).

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.cdc.gov/ViolencePrevention/suicide/>

Source: Centers for Disease Control and Prevention

2. National Alliance on Mental Illness (NAMI) Veterans Resource Center

NAMI hosts pages targeted specifically at Veteran mental health, with a section devoted to Suicide Prevention. Other major topics include information on conditions such as post-traumatic stress disorder and traumatic brain injury, an area for female Veterans, mental illness, online discussion groups, and space to make a tribute to Veterans and active duty personnel. There are also areas providing information on multicultural resources, and one for “Veteran Families, Parents, Children, and Spouses.”

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location:

<http://www.nami.org/template.cfm?template=/contentManagement/contentDisplay.cfm&contentID=53586>

Source: National Alliance on Mental Health

3. Befrienders Worldwide

Befrienders work worldwide to combat suicide and generally support individuals in crisis or emotional distress. The site provides a terrific “Help and Support” section with information on warning signs, suicidal feelings, depression, and other important topics, as well as a resource locator by country, which compiles a listing of helplines and online support by state for the U.S.. Befrienders also offer general information on suicide statistics, suicide myths, listening skills, and other information helpful to family and friends.

Domain: Self Care, Care for Others

Location: <http://www.befrienders.org/>

Source: Befrienders Worldwide

4. Stop a Suicide Today!

This site challenges you – and also provides the tools to help you – stop a friend, co-worker, family member, and others from attempting to take his or her own life. A Harvard psychiatrist (Dr. Douglas Jacobs) created this site with information on “Signs of Suicide,” how to “Help a Friend,” and “Suicide and Mental Illness,” as well as resources for suicide survivors.



Defining
EXCELLENCE
in the 21st Century



Domain: Care for Others

Location: <http://www.stopasuicide.org/>

Source: Douglas Jacobs, M.D., Harvard Medical School

5. Give an Hour

Give an Hour offers Veterans of the Iraq/Afghanistan conflicts and their families (including unmarried partners) the opportunity to receive psychological support, without fear of stigma or effect on military career. Mental health professionals nationwide donate confidential, free counseling for Veterans, as well as family members who are not eligible for VA services. The Visitors page steps you through the process of finding and selecting a provider, as well as follow-up post treatment.

Domain: Self Care, Care for Others, Prevention Post-Attempt

Location: <http://www.stopasuicide.org/>

En Español: <http://giveanhour.org/Español.aspx>

Source: Give an Hour

6. The Soldiers Project

Veterans and family members (including boyfriends, girlfriends, spouses, children, parents, and grandparents) of service members/Veterans serving in Iraq or Afghanistan, are eligible to receive free counseling from this group of volunteer mental health professionals. Services are available in person, or via phone and/or Internet.

Domain: Self Care, Care for Others

Location: <http://www.thesoldiersproject.org/>

Source: The Soldiers Project

7. Operation Reach Out: A Free Military Suicide Prevention Mobile APP

This free app can be downloaded for either iPhones or iPads (and Android devices) from this website. It is designed to support both individuals who may be experiencing suicidal thoughts, as well as family members or friends who may be concerned about a loved one.

MilitaryFamily.com also hosts a general suicide prevention page:

<http://militaryfamily.com/category/prevention/suicide-prevention/>

Domain: Self Care, Care for Others

Location: <http://militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out/>

Source: MilitaryFamily.com

8. Terry Bradshaw's Winning Drive Against Depression

Highlighted on many U.S. Army sites as a resource for Veterans, the personal story that Terry Bradshaw shares is inspirational and educational.

Domain: Self Care, Care for Others

Location: http://www.usatoday.com/news/health/spotlighthealth/2004-01-30-bradshaw_x.htm

Authors: John Morgan, Spotlight Health, with medical adviser Stephen A. Shoop, M.D. - USA Today



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century



9. Education Resources

The Veterans Integrated Service Network (VISN) 19 Mental Illness Research, Education, and Clinical Center (MIRECC) supplies educational materials aimed at Veterans, family members, clinicians, and community members. Included are guides for talking to different ages of children about a suicide attempt in the family, resources on traumatic brain injury and suicide, visual and auditory presentations, podcasts, and video.

Domain: Self Care, Care for Others

Location: http://www.mirecc.va.gov/visn19/VISN_19_Education.asp#tbiAndSuicide

Source: VISN 19 MIRECC