

September Is National Suicide Prevention Awareness Month



How can YOU help prevent suicide among Military Service Members, Veterans, and their Families?

Just #BeThere. For ideas on how simple acts of kindness can help someone feel less alone, please visit the #BeThere campaign page here:

<https://www.veteranscrisisline.net/BeThere.aspx>

The site can help you find ways to give back and link persons in need to resources. *Your actions could help save a life!*

If you're a Veteran in crisis or you're concerned about one, responders at the **Veterans Crisis Line 1-800-273-8255 (press 1)** offer help that can make a difference. Caring, qualified VA responders are standing by to provide free and confidential support — 24 hours a day, 7 days a week, 365 days a year — even if you're not registered with VA or enrolled in VA health care. Responders will work with you to get through any personal crisis. Get the support you've earned! You can also **text for support to 838255**.

For **(non-emergent) help to find local resources** for military and veteran families, including VA services, please contact the **Virginia Veteran and Family Support Program** for assistance and support **1-877-285-1299**.

District 19 Community Services Board

20 West Bank Street
Petersburg, Virginia 23803

Phone: (804) 862-8002
24-Hour Crisis Hotline: (804) 862-8000
Toll-Free Crisis Hotline: (866) 365-2130
Emporia 24-Hour Crisis Line: (434) 634-2020