



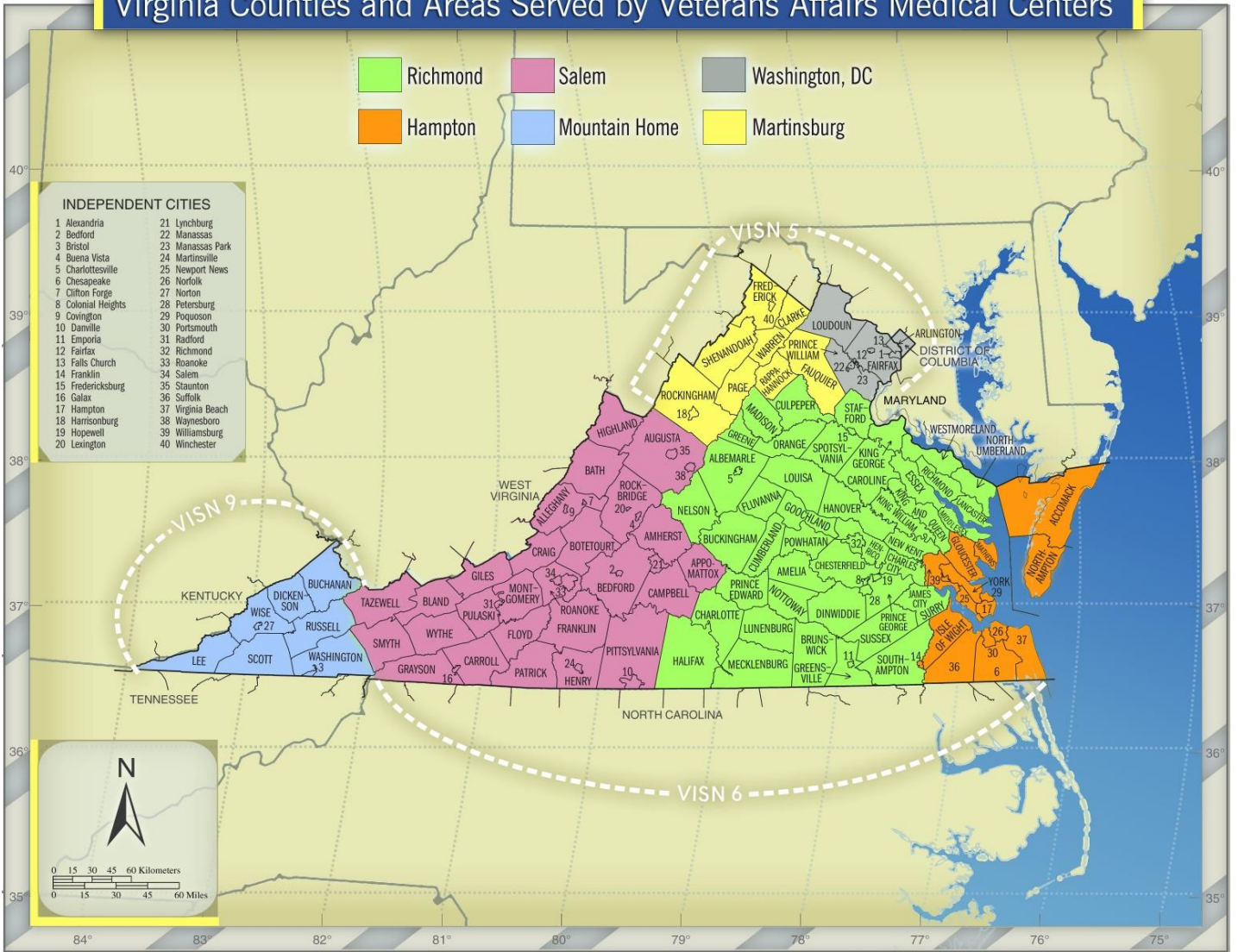
- The Veterans Crisis Line (VCL) is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring US Department of Veterans Affairs (VA) responders
- Veterans and their loved ones, or another concerned person (i.e., police officer) can call **1-800-273-8255 and Press 1**, chat online at **VeteransCrisisLine.net**, or send a text message to **838255** to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year
- Veterans, active duty service members, current/former guard and reserve can utilize the Veterans Crisis Line, even if they are not registered with VA or enrolled in VA health care
- The National Veterans Suicide Prevention Hotline was renamed the Veterans Crisis Line in 2011 to encourage Veterans, family and friends to reach out for support when issues reach a crisis point, even if it is not a suicidal crisis
- Veterans who contact the Veterans Crisis Line can request that a Suicide Prevention Coordinator at the nearest VA Medical Center contact them to ensure continuity of care
- In 2016, Veterans accounted for 14% of all deaths by suicide amongst US adults, and made up 8.1% of the population
- In Virginia, **70% of Veterans who died by suicide used a firearm**. If a Veteran expresses any risk factors or warning signs, connecting a person to mental health treatment, and talking about gun safety, locking firearms, or removing them from the home can save a life
- **In Virginia, the suicide rate for Veterans of all age groups is significantly higher than amongst Virginians who are not Veterans**. Virginia Veterans ages 18-34 have the highest rate of suicide, while Veterans aged 55 and older account for the largest number of suicide deaths
- **To speak to a Suicide Prevention Coordinator at a VA Medical Center, request additional resource cards, or cable gun locks, please contact your local Suicide Prevention Coordinator Point of Contact (page 2)**



For Virginia Veterans of all eras, National Guard and Reservists, and Families of any discharge status, VVFS is a **non-crisis** service. Hours are 8am-4:30 pm on Monday-Friday. If you or your family members need local resources and veteran peer support, please contact 1-877-285-1299

- **In person (and by phone)** individual and family care coordination and peer support services
- Assistance navigating VA and community behavioral health services
- Connection to employment and benefits services
- Couples and family assistance
- And So MUCH MORE. For additional DVS program information, visit <https://www.dvs.virginia.gov/>

Virginia Counties and Areas Served by Veterans Affairs Medical Centers



Department of Veterans Affairs Suicide Prevention Coordinator Points of Contact, by region:

Richmond VA Medical Center:	Laura Pond	(804) 675-5000 ext. 4554	Laura.Pond@va.gov
Salem VA Medical Center:	Alicia Dudley	(540) 982-2463 ext. 2436	Alicia.Dudley@va.gov
Washington VA Medical Center:	Valerie Ajuonuma	(202) 745-8000 ext. 54999	Valerie.Ajuonuma@va.gov
Hampton VA Medical Center:	Susan Lawver	(757) 722-9961 ext. 3355	Susan.Lawver@va.gov
Mountain Home VA Medical Center:	Laura Rasnake	(423) 926-1171 ext. 7703	Laura.Rasnake@va.gov
Martinsburg VA Medical Center:	Jill Finkle	(304) 263-0811 ext. 3624	Jill.Finkle@va.gov