



#BeThere to Support Veterans

SEPTEMBER 2017

During Suicide Prevention Month and year-round, the U.S. Department of Veterans Affairs (VA) works to connect Veterans and Servicemembers with mental health and suicide prevention resources to give them the care they deserve. VA collaborates with organizations around the country — including community groups, Veterans service organizations, health care providers, corporations, educational institutions, and government agencies — to raise awareness of available resources and support. Suicide Prevention Month presents an opportunity to spread the message that everyone can play a role in preventing suicide, and to show how individuals, organizations, and communities can work together to take action and make a difference in the lives of Veterans. Make a Difference in the Life of a Veteran or Servicemember Share a tweet or Facebook post to show your support during Suicide Prevention Month. During Suicide Prevention Month this September, join our Thunderclap campaign to let people know that preventing suicide starts with this simple act of support: **Be There**. Reach out to a Veteran or Servicemember in your life. Your actions could make a big difference to someone who is going through a difficult time or who may be at risk for suicide.

Here's how you can make an impact:

1. **Sign up.** Join our Thunderclap to share one tweet or Facebook post in early September to kick off Suicide Prevention Month. Your message of support for Veterans and Servicemembers will be shared along with those of thousands of people across the country, whose identical messages will be posted at the same time.
2. **Spread the word.** Encourage your family members and friends to sign up by sharing this page on your social media accounts.

Learn more about preventing suicide at:

<https://www.thunderclap.it/projects/45153>

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

WHERE TO CONNECT WITH US:

Tuesdays, 8:30am to 3pm, VA Menlo Park Building #348

September 14th & 28th- 8:30am-3pm, VA Palo Alto Building #4, Room #B210

September 15th - 8am-4pm, Peninsula Vet Center 345 Middlefield Road, Menlo Park

If You Served, You Earned!

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255 and Press 1**, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available. <https://www.veteranscrisisline.net/>



COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY