



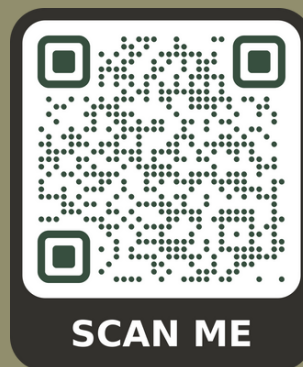
QUESTIONS TO ASK VETERANS

Have you ever served in the U.S. Armed Forces?

When did you serve?

Which branch?

What did you do while you were in the military?



Scan the QR code to Learn about our 'Ask the Question' Campaign.





LET'S TALK VETS

Certain observable cues (affective and behavioral) should prompt you to remain alert to the possible presence of suicidal ideation. Protective factors play a critical role in prevention.

RISK FACTORS

- Previous suicide attempt
- Feelings of hopelessness
- Financial hardship
- Mental and physical conditions
- History of abuse
- Withdrawing from loved ones
- Access to lethal means
- Alcohol/substance use disorder
- Transitions (separation from military service, employment, relationships, etc.)

PROTECTIVE FACTORS

- Connectedness to individuals, family and community
- Coping skills
- Cultural, religious, or personal beliefs that discourage suicide
- Effective behavioral healthcare
- Feelings of home
- Limited access to lethal means
- Problem solving skills
- Safety plan
- Self-esteem
- Sense of purpose or meaning

For more information and resources scan the QR code

