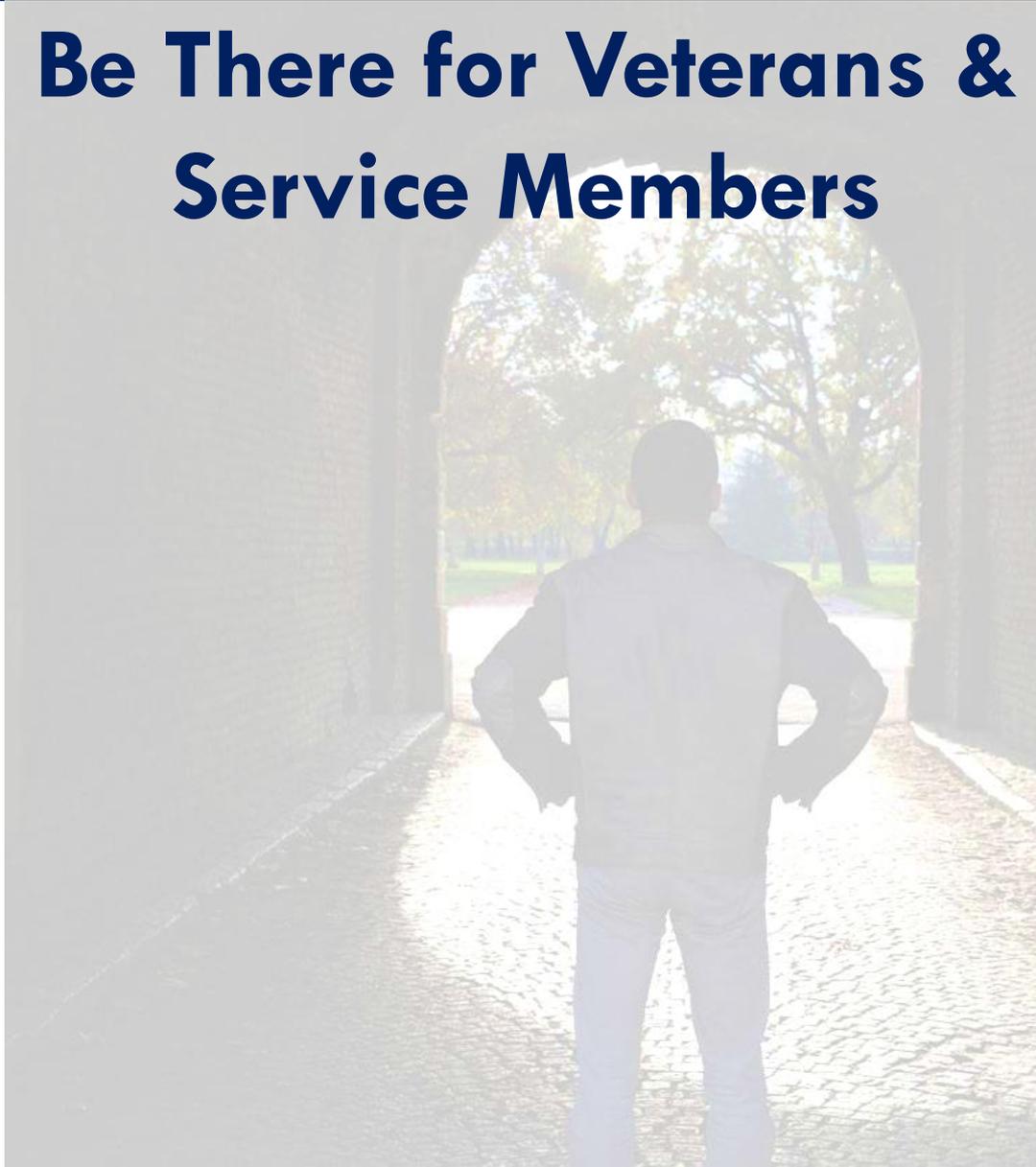




Wisconsin Department of Veterans Affairs

We Honor Your Service

Be There for Veterans & Service Members





Why We're Here

- Suicide is the 10th leading cause of death in the U.S.
- Men died by suicide 3.54x more often than women; however, Women reported a suicide attempt 1.4x as often as Men



Why We're Here

- Veterans accounted for 14% of all deaths from suicide, while constituting only 8% of the U.S. population
- Out of 20 veteran suicides per day, 70% are among those who do not use VA services
- 69% of all veteran suicides resulted from a firearm injury



Why We're Here

- For WI in 2017 there were 728 non veteran suicides and 162 veteran suicides, veterans accounted for 22.5% of the total number of suicides.
- After accounting for age differences, the Veteran suicide rate in Wisconsin was significantly higher than the national Veteran suicide rate



Please be aware that this is a sensitive topic that can affect us in unexpected ways. Feel free to step out of the room during the presentation. We will be available to talk after the training.



Panelists

- Colleen Rinken, M.Ed. LPC CSAC ICS
 - WDVA, Bureau Director of Health Services
- Ashley Williams
 - Northwest Connections, Crisis Services
- Karla Peterson
 - WDVA, Outreach and Recovery Regional Coordinator-Veterans Outreach and Recovery Program (VORP)



Can you tell us a little bit about yourselves and why you care so much about this topic?



What are clues someone may be thinking of completing suicide?



Clues

- Verbal clues
- Behavioral clues
 - Any previous suicide attempt
 - Acquiring a gun or stockpiling pills
 - Putting personal affairs in order
 - Drug or alcohol abuse, or relapse after a period of recovery
 - Isolating from family and friends
 - Sleeping too much or too little



Mood Clues

- Depression
- Loss of interest
- Rage or desire to seek revenge
- Anxiety
- Hopelessness or feeling as if life has no purpose
- Feelings of being trapped or in unbearable pain
- Extreme mood swings



Situational Clues

- Being fired or being expelled from school
- A recent unwanted move
- Loss of any major relationship
- Death of a spouse, child, or best friend, especially if by suicide
- Diagnosis of a serious or terminal illness
- Sudden unexpected loss of freedom/fear of punishment
- Anticipated loss of financial security
- Loss of a cherished therapist, counselor or teacher
- Fear of becoming a burden to others



Veteran Specific Risks

- Frequent deployments
- Deployments to hostile environments
- Exposure to extreme stress
- Length of deployments
- Severe Service-related injury
- Physical/sexual assault while in the service
- Death of someone close to them, seeing people die during their military service
- Medical conditions such as depression, posttraumatic stress, and chronic pain



We discussed the clues or risks, what are some protective factors?



Protective Factors

- Cognitive Flexibility
- Hopefulness
- Lack of...
 - Precipitating life events
 - No losses
- Treatment for Mental health/Substance Use
- Strong Social Supports



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Where can Veterans, Service Members,
and their family/friends go for help?



Resources

- Veterans Crisis Line/Chat/Text
 - 800-273-8255, Press 1
 - Text to 838255
- Vets4Warriors Line/Chat/Text/Email
 - 855-838-8255
 - Text to 732-333-3634
- Center for Suicide Awareness Text Line
 - Text HOPELINE to 741741
- County Health & Human Services – Crisis Center



Resources

- [Cover Me Vets](#)
- [Virtual Hope Box](#)
- [VA Community Provider Toolkit](#)
- [Serving Veterans: A Resource Guide](#)



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The best thing you can do for those who depend on you is care for yourself

VA's Caregiver Support Line

855-260-3274



Additional Information

- psycharmor.org
- S.A.V.E. - **S**igns of suicide, **A**sking about suicide, **V**alidating feelings, **E**ncouraging help and **E**xpediting treatment
 - Develop understanding of suicide
 - Understand how to identify a veteran who may be at risk for suicide
 - Know what to do if you identify a veteran at risk



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Questions?

Visit [WisVets.com](https://www.wisvets.com) to learn more >>