



Recommended Resources for Video: Veteran and Caregiver Suicide Prevention

Overview: Suicide is a final solution to what is usually a temporary situation. It is now the 10th leading cause of death in the United States. Prevention and Awareness is key to lowering the numbers and saving lives. It is false that talking about suicide may make someone take action in self-harm. If you know someone in crisis, please refer them immediately to the VA Crisis Line: 800-273-8255, press 1.

Resources: <https://www.qprinstitute.com/>

<http://onsuicide.com/2014/01/08/on-suicide/>

<http://militarynetworkradio.com/2015/08/veteran-suicide-is-not-inevitable/>

<http://training.sprc.org/>

<http://www.sprc.org/populations/families-parents-and-caregivers>

<https://www.nami.org/Blogs/NAMI-Blog/February-2016/Clay-Hunt-Act-Serves-to-Prevent-Veteran-Suicide>

<https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Preventing-Suicide>

<http://nvf.org/veteran-suicide-prevention-numbers/>

<http://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/caregiver-depression/art-20047051>

Videos: <http://www.military.com/video/family-and-spouse/deployment/military-family-suicide-prevention-psa/4449666895001>

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