



Albert R. Atkinson Jr.
American Legion Post 210 Inc.

Serving our veterans, our community, and our youth since 1919

Service Officer



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The American Legion has webinars for Service Officers every Monday evening. I sat in on one last week which was about suicide prevention awareness.

S – signs (the person is in crisis)

A – ask (are you thinking of killing yourself?)

V – validate (the person's experience/feelings)

E – encourage and expedite (treatment, getting help)

Veterans Crisis Line: 800-273-8255 press 1

Note: the FCC has approved the code 988 to be used for the crisis line

Helpful links:

<https://psycharmor.org/courses/s-a-v-e/lessons/s-a-v-e/>

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

<https://www.preventsuicidepa.org/resources/military/>

<https://www.media.pa.gov/Pages/Military-and-Veteran-Affairs-Details.aspx?newsid=440>



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S.A.V.E.

Our hope for this course is that you will become empowered to play a vital role in suicide prevention. This course was developed in collaboration with the Department of Veterans Affairs and is presented by Dr. Megan McCarthy, Deputy Director, Suicide Prevention. You will develop a general understanding of the problem of suicide in the United States; understand how to identify a Veteran who may be at risk for suicide; and, finally, know what to do if you identify a Veteran at risk. Each of us has the opportunity to be that one person who makes a difference--the person who asks the question that can save a Veteran's life, or the life of anyone struggling with the thoughts of suicide. Using the simple steps of S.A.V.E., we can all make a difference.



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PRESS 1

• • Confidential chat at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net) or text to **838255** • •

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