

September is Suicide Prevention Month



**Are you or someone you know struggling?
You are not alone. Reach Out. We're here to help.**



Suicide Prevention and Support
dva.wa.gov/sp



**Get your Suicide Prevention
License Plate Emblem today!**



Text or call 988
suicidepreventionlifeline.org



**SSG Fox community-based
suicide prevention**

WDVA is focused on decreasing risk factors and increasing protective factors for veterans. Our programs provide education and training on suicide prevention to the community and provide SMVF's with vital resources such as housing, mental health services, employment, internships, VA benefits (disability compensation or pension), connections to their community and other veterans.