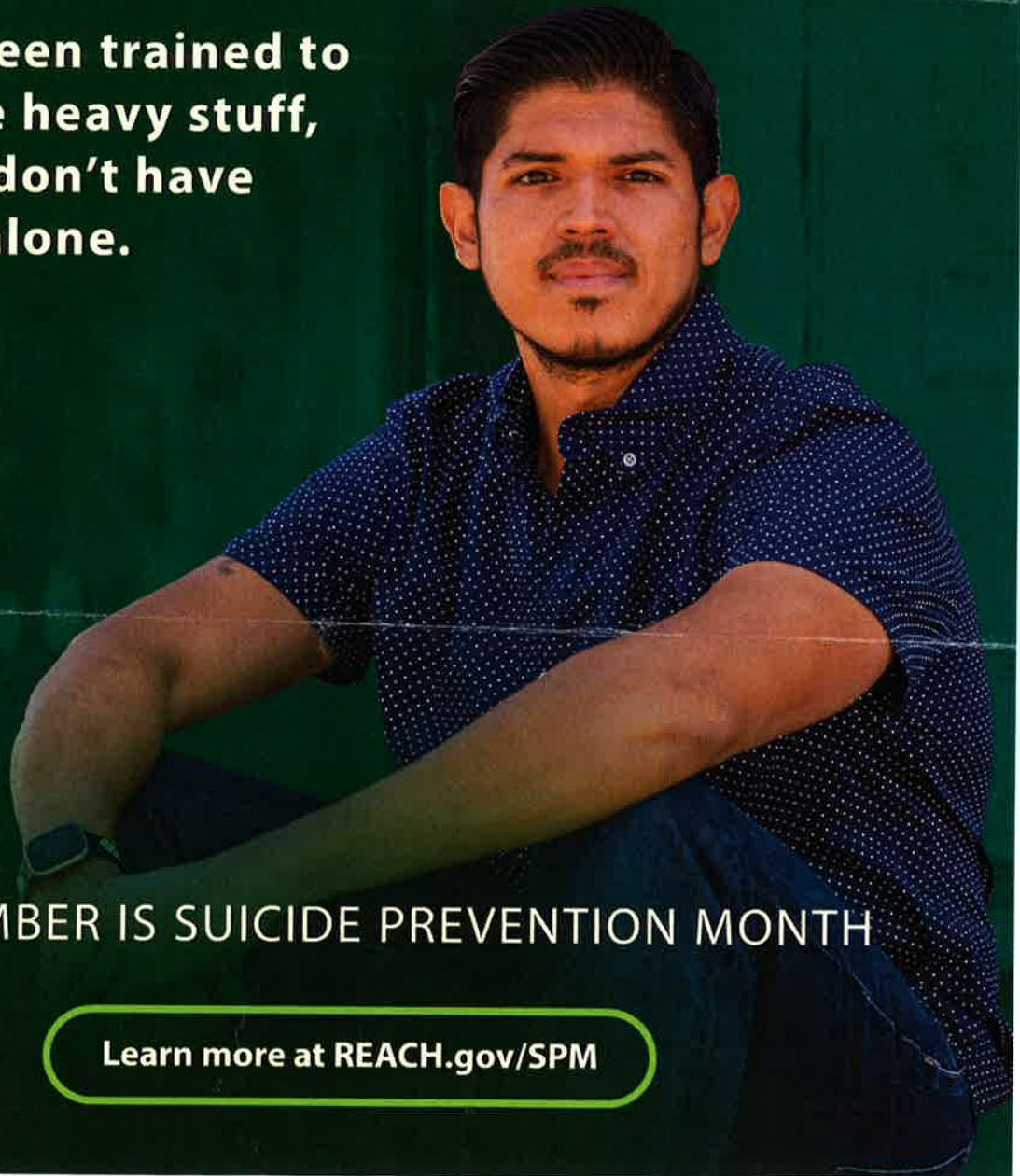


TAKE A MOMENT REACH OUT

**You've been trained to
carry the heavy stuff,
but you don't have
to do it alone.**



SEPTEMBER IS SUICIDE PREVENTION MONTH

Learn more at REACH.gov/SPM

General Information

Suicide is a national public health issue that affects people from all walks of life. Based on the research, Veterans are at increased risk for suicide. Suicide is a complex issue as there are many factors that increase one's risk. Early recognition of warning signs and symptoms of suicide, and access to treatment have proven to reduce risk and save lives. Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities.

Recognize Suicide Warning Signs

- Thinking about hurting or killing self
- Looking for ways to kill self
- Talking about death, dying or suicide
- Self-destructive behavior, deliberate self injury
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, anger, rage, mood swings
- Engaging in risky activity without thinking
- Increase alcohol or drug abuse
- Feeling like there is no reason to live
- Giving away personal items
- Saying "Goodbye" orally or written
- Withdrawing from family or friends



Symptoms of depression

- Feelings of hopelessness, helplessness and worthlessness
- Crying Spells
- Decreased Motivation
- Decreased Work Performance and Concentration
- Change in Appetite or weight
- Change in Sleeping Pattern
- Change in Personal Appearance
- Loss of Interest in Pleasurable Activities



QUESTIONS AND ANSWERS

What should you do if you or someone you know is experiencing a crisis or thinking about suicide?

- Take them seriously. Stop what you are doing and give them your undivided attention.
- Contact a health care provider as soon as possible.
- Get them to the nearest Emergency Room.
- If you are unable to transport the Veteran, call 911 for assistance.

WHO COMPLETES SUICIDE

There are no boundaries for who completes Suicide; Rich, Poor, Young Old, Male, Female, Civilians, Active Duty, Veterans, and All Races.

Veteran and Military Crisis Line



Wilkes Barre VA Medical Center
Suicide Prevention Program

The Suicide Prevention Team offers the following services to our Veterans and their families:

- Case Management
- Individual Therapy
- Group Therapy
- Crisis Intervention Services
- Suicide Prevention Education and Materials
- Family Education and Assistance during a crisis
- Collaboration between Veterans, loved one's and providers
- Referral Services
- Advocacy
- Community Suicide Prevention Presentations



National Veterans and Military Crisis Line –
1-800-273-8255
Veterans Crisis Line Text Service: 838255
Chat Line: <https://www.veteranscrisisline.net/get-help/chat>
or Crisis Number in Your Area

Bradford / Sullivan	1-877-724-7142
Carbon / Monroe / Pike	1-800-338-6467
Columbia / Montour / Snyder / Union	1-800-222-9016
Lackawanna / Susquehanna	1-570-348-6100
Lehigh	1-610-782-3127
Luzerne / Wyoming	1-570-552-6090
	1-888-829-1341
Lycoming	1-800-525-7938
	1-570-326-7895
Northampton	1-610-252-9060
Northumberland	1-855-313-4387
Tioga County, NY	1-607-687-4000
Wayne	1-833-557-3224
Regional Crisis and Referral	2-1-1

Wilkes-Barre VA Medical Center
Suicide Prevention Team:

Suicide Prevention Coordinator:

Angelique Cortez, DSW, LCSW
(570) 830-7033

Angelique.Cortez@va.gov

Suicide Prevention Case Management:

570-824-35521 x24628

(570) 830-7034

(570) 709-4934

The Suicide Prevention Staff Offices are located at the Main Medical Center

C7-63 and C7-66

Department of Veterans Affairs (VA)
Wilkes-Barre VA Medical Center
1111 East End Blvd
Wilkes-Barre, PA 18711
(570) 824-3521 / (877) 928-2621

Suicide Prevention Program

A Guide to Understanding Suicide



Community Based Outpatients Clinics and Vet Centers

Allentown (610) 776-4304	Honesdale (570) 251-6543
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Columbia Co (570)316-4116	Northampton (610) 599-0127
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Tobyhanna (570) 615-8341	Scranton Vet Ctr. (570) 344-2676
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Williamsport (570) 322-4791	Williamsport Vet Ctr (570) 327-5281
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Sayre (570) 888-6803
