

## **Even One Is To Many**

### **What we can do to help in the War against Veteran Suicide**

Resource List shared with us by the Rev. Kellie Whitlock, Pastor, Livonia, Rosedale Gardens and the Rev. Ruthanne Herrington, Pastor, Garden City

**Learn the signs of crisis:** <https://www.veteranscrisisline.net/SignsOfCrisis/Identifying.aspx>

**National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255)

Note: Veterans then press "1"

**Speech & Hearing impaired:** 1-800-799-4TTY (1-800-799-4889)

**Text Message:** 838255 To Get Help NOW

**Chat on line:** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

#### **OTHER CRISIS RESOURCES:**

- [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Is a 24/7/365 free confidential support on-line chat for active military, veterans & their families (don't have to be registered with VA)

- [www.suicide.org](http://www.suicide.org)

A non-profit that focuses on prevention and awareness.

#### **BE THERE FOR VETERANS & THEIR FAMILIES**

##### **SHOW YOU CARE:**

**1 small act shows you care so...**

- send a care package
- welcome them home
- be a gym buddy
- offer to babysit
- call
- be a friend

##### **SPREAD THE WORD**

**TAKE A STAND & become aware of issues that affect veterans:**

##### **BECOME FAMILIAR WITH LOCAL RESOURCES:**

- Call 2-1-1 for Community Resources

- **John D. Dingell VA Medical Center**  
4646 John R Street, Detroit, MI 48201,  
313-576-1000;  
<https://www.detroit.va.gov/>
- **VA Ann Arbor Healthcare System**  
2215 Fuller Rd, Ann Arbor, MI 48105  
800-361-8387 734-769-7100  
<https://www.annarbor.va.gov>
- **Adopt a VA:** more information at <http://www.adopt-a-va.com/index.html>
- **Note:** Contact local VA for volunteer and donation opportunities

#### **ADDITIONAL INTERNET RESOURCES:**

- <https://www.veteranscrisisline.net/Resources/AdditionalInformation.aspx>
- [www.mission22.com](http://www.mission22.com)
- <https://www.warriorsforfreedom.org/veteran-resources/index/>
- **American Red Cross:** <http://www.redcross.org/>

#### **SPECIFICALLY FOR WOMEN:**

- **Women Veterans Rock:** <http://www.womenvetsrock.org/>
- **Operation - We Are Here:**  
<http://www.operationwearehere.com/femaleveterans.html>
- <http://www.silverliningvillages.org/>
- **VA Benefits specific to female Service members:**  
<http://www.benefits.va.gov/persona/veteran-women.asp>
- **American Legion – Women Veterans:**  
<https://www.legion.org/veteransbenefits/womenveterans>
- **Disabled American Veterans (DAV):** <https://www.dav.org/>