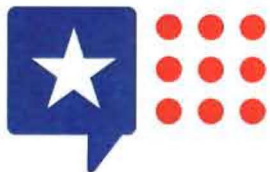


## Veterans Crisis Line



1-800-273-8255  
**PRESS 1**

### Hines VA Contact Information

#### Suicide Prevention Coordinators

Mariann Blacconiere, LCSW  
708.202.2107  
708.878.2206

Anita Carmona, LCSW  
Carlos Anchondo, LCSW  
x24096

#### Mental Health Intake Center

1st Floor, Bldg 228  
x23446

Emergency Department  
x22187

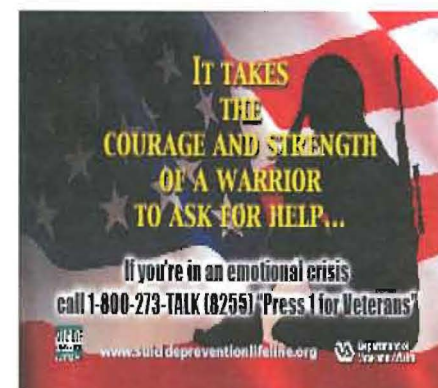
Hines Police  
Emergency 911

**Operation S.A.V.E.**  
can help you save a  
life. Remember these  
steps for **VETERAN**  
safety:

Signs of suicidality  
Ask the important  
questions

Validate the Veteran's  
experience

Encourage treatment,  
**E**xpedite referral



## Recognize Warning Signs of Suicide

- Threatening to hurt or kill self
- Seeking access to pills, weapons or other means of self-harm
- Talking about death or dying
- Hopelessness, feeling there is “no way out”
- Rage or anger
- Reckless, risky behavior
- Withdrawing from friends and family
- Anxiety, agitation, moods swings, feeling “down”, sleep problems
- Feeling there is no reason for living, no sense of purpose in life
- Giving away possessions

## Asking the Question

**Are you feeling hopeless about the present/future?**

*If yes ask...*

**Have you had thoughts about taking your life?**

*If yes ask...*

**When did you have these thoughts and do you have a plan to take your life?**

**Have you ever had a suicide attempt?**

### Tips for asking about suicide

- Remain calm
- Listen more than you speak
- Maintain eye contact
- Act with confidence
- Do not argue
- Use open body language
- Limit questions-let the Veteran do the talking
- Use supportive-encouraging comments
- Be honest-there are no quick solutions but help is available

## Validate the Veteran's Experience

### Validation means:

- Not passing judgment
- Recognizing that the situation is serious
- Acknowledging the Veteran's feelings
- Reassuring him or her that you are here to help

## Encourage Treatment & Expedite Referral

### Reassure the Veteran that:

- Treatment is available
- Getting help for suicide is like getting help for any medical problem
- Every Veteran has the right to care
- Even if they had treatment before, it's worth it to try again
- Involve other treatment team members

**NEVER LEAVE A SUICIDAL VETERAN ALONE!!**