



U.S. Department
of Veterans Affairs

Press Release

Office of Public Affairs
VA Northern California
Health Care System

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IMMEDIATE RELEASE

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VA NorCal Health Care System marks September as Suicide Prevention Month with “Be There” program

SACRAMENTO — September is Suicide Prevention Month and the U.S. Department of Veterans Affairs (VA) wants to remind Veterans and their loved ones through the [Be There](#) campaign that small actions can make a big difference to Veterans experiencing difficult times.

During this and every month the Sacramento VA Medical Center and the entire [VA NorCal Health Care System](#) remain committed to spreading awareness of suicide prevention to Veterans and their supporters and connecting them to the resources they need.

“Veterans who access VA mental health services are much less likely to experience suicide than those who choose to struggle alone,” said VA NorCal Director David Stockwell. “It’s imperative, then, that Veteran caregivers and other supporters connect Veterans with VA health care so we can get these men and women the help they deserve.”

Be There suggests several simple actions that can help make a difference for a Veteran to include:

- Learning about the warning signs of suicide, found on the [Veterans Crisis Line website](#).
- Watching the free [S.A.V.E. training video](#) to learn how to respond with care and compassion if someone indicates they are having thoughts of suicide.
- Contacting VA’s [Coaching Into Care](#) program where a licensed psychologist or social worker will provide loved ones with guidance for motivating Veterans to seek support.
- Sharing stories of hope and recovery from VA’s [Make the Connection](#).
- Reaching out to the Veterans in your life to show them you care by sending a check-in text, cook them dinner or simply asking, “How are you?”
- Northern California Veterans and their caregivers can get local support by contacting the VA NorCal Suicide Prevention Program Manager at 530-531-1408.

For more information and resources visit [BeThereForVeterans.com](#).

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call [1-800-273-8255](tel:1-800-273-8255) and **Press 1**, text to 838255, or chat online at [VeteransCrisisLine.net/Chat](#).

Reporters covering this issue can download [VA’s Safe Messaging Best Practices](#) fact sheet or visit [Reporting On Suicide](#) for important guidance on how to communicate about suicide.

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