



## Resources

### TREATING GRIEF IN THE VETERAN POPULATION

#### Crisis Lines

National Suicide Prevention Lifeline: If you or someone you know is in crisis, you can call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

Veterans Crisis Line: The Veterans Crisis Line connects service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service. Dial 800-273-8255 and Press "1" to talk to someone.

#### Active Duty Resources

[Air Force Resilience](#)

[Army Suicide Prevention](#)

[Coast Guard Suicide Prevention Program](#)

[Marines DSTRESS line: 877-476-7734](#)

[Navy 1 Small Act Suicide Prevention](#)

[Real Warriors](#)

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### **Military/Veteran-Connected Specific Support**

[Military OneSource: 800-342-9647](#)

[VA Vet Centers](#)

[Headstrong Project](#)

[Give an Hour](#)

[Vets4Warriors](#)

[Wounded Warrior Project's Warrior Care Network](#)

[Cohen Veterans Network](#)

### **General Information**

[The National Resource Directory](#)

[American Foundation for Suicide Prevention](#)

[American Association of Suicidology](#)

[Tragedy Assistance Program for Survivors](#)

[QPR Institute](#)

[Living Works](#)

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### Tools

[The Columbia Protocol: Columbia-Suicide Severity Rating Scale \(C-SSRS\) App](#)

[TAPS Postvention Model of Support](#)

### Further Education

PsychArmor's Suicide Prevention, Intervention, and Postvention portfolio of courses for healthcare providers, service members, Veterans, families, caregivers and the community-at-large

TAPS Institute for Hope and Healing offers 60-minute intensive courses to help you better understand grief and loss. These courses are free, thanks to generous funding from the Boeing Foundation. There are two particular courses that may be especially relevant. These are entitled "Suicide, Grief and Trauma" and "Grief to Growth: A Roadmap to a Healthy Grief Journey." To learn more, you can access both of these courses by visiting [www.taps.org/suicidepostvention](http://www.taps.org/suicidepostvention) and clicking on the link below "trainings."

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### Research

IAVA Member Survey (2019). Source:

<https://iava.org/survey2019/IAVA-2019-Member-Survey.pdf>

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Schake, K., & Mattis, J. (2016). *Warriors and Citizens: American Views of our Military*. Stanford, CA: Hoover Institution Press, p. 9

Ursano, R., Kessler, R., Naifeh, J., Mash, H., Fullerton, C., Bliese, P., Zaslavsky, A., Ng, T., Aliaga, P., Wynn, G., Dinh, H., McCarroll, J., Sampson, N., Kao, T., Schoenbaum, M., Heeringa, S., and Stein, M. (2017). Risk of Suicide Attempt Among Soldiers in Army Units With a History of Suicide Attempts. *JAMA Psychiatry*, 74(9), 924–931  
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### Acknowledgments

Thank you Dana and Linda O'Brien for sharing your personal story and family pictures for this course.



*(Left to right) Daniel who died by suicide; Daniel's older brother Chris; Daniel and Chris' father, Tim; and Dana (black and white).*

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