

How You Can Help:

Just Ask.

If you are concerned about someone's well-being ask directly: How are you? What do you need? Are you having thoughts of suicide?

Be There.

Then hear their concerns and let them know they are not alone.

Get Help.

Encourage them to seek help. Go with them to a medical or mental health facility. See inside for more resources.

Learn More.

About suicide prevention with this free online course:
psycharmor.org/courses/s-a-v-e/

Contact the VA Suicide Prevention Coordinator nearest you for Gun Safety information and free gun locks:
maketheconnection.net/resources

for shareable resources:
www.veteranscrisisline.net/support/shareable-materials

Brochure Sponsored By:



24/7 Mental Health Line:
800-854-7771

dmh.lacounty.gov/wps/portal/dmh



Community Veteran Justice Project
www.cvjp.org

The Community Veteran Justice Project (CVJP) is dedicated to supporting current and former service members receive the information and services they need to utilize the California Veteran Statutes and receive alternative sentencing, diversion and services for overall well-being.



Just Ask, Be There.

Well-being starts
with connection and
community.



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For Veterans in Crisis:

In event of life threatening
emergency:

Call 911

Having thoughts of
suicide?

**Contact the Veteran
Crisis Line:**

call: 1-800-273-8255 &
press 1

OR text: 838255

OR chat online:

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

or call **Didi Hirsch**

Suicide Prevention

Center at 877-727-4747.

Caring counselors are
available to talk 24/7

Well-being for LA Veterans

These entities are dedicated to supporting veterans!

maketheconnection.net/resources

This website will allow you to find the
closest VA facility to you.

UCLA Veteran Family Wellness Center

Workshops, resiliency training and
recreational activities for the whole family
310.478.3711 ext. 42793

Mindful Warrior Project

Mindfulness classes for veterans
info@mindfulwarriorproject.org
818.616.2931

giveanhour.org

Free one hour counseling sessions

www.211la.org

Call 211
Resources for LA County

New Directions for Vets

Mental health/substance use support
(310) 914-4045
<https://ndvets.org>

Higher Ground

Recreational therapy for Veterans
highergroundusa.org

The Soldier's Project

Counseling for Post-9/11 Vets
www.thesoldiersproject.org/client-intake/

U.S. Vets services, housing, programs
213.542.2600
www.usvetsinc.org

Volunteers of America

VOALA.org
323.657.5550
Services, housing, employment