



CVJP.ORG
OFFICE@CVJP.ORG
888-871-2857

More than an intervention, a solution!

BROCHURE SPONSORED BY



**24/7 MENTAL HEALTH LINE:
800-854-7771
DMH.LACOUNTY.GOV/GET-HELP-NOW/**

VETERANS IN CRISIS

HAVING THOUGHTS OF SUICIDE?

988 SUICIDE & CRISIS
LIFELINE

OR TEXT: 838255
OR CHAT ONLINE:
[VETERANSCRISISLINE.NET/GET-HELP/CHAT/](https://veteranscrisisline.net/GET-HELP/CHAT/)

OR CALL DIDI HIRSCH
SUICIDE PREVENTION CENTER
877-727-4747

**CARING COUNSELORS ARE
AVAILABLE TO TALK 24/7**

**IN CASE OF
EMERGENCY
Call 911**



**JUST ASK
BE THERE**



WELL-BEING STARTS WITH CONNECTION AND COMMUNITY

WELL-BEING FOR L.A. VETERANS

Find nearest to you VA facility
maketheconnection.net/resources

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

211la.org
Call 211
Resources for LA County

ENTITIES SUPPORTING VETERANS

New Directions for Vets
Mental health/substance use support
310-914-4045
ndvets.org

Higher Ground
Recreational therapy for veterans
highergroundusa.org

**DMH Veteran Peer Access Network,
VPAN**
dmh.lacounty.gov/veterans/

U.S. Vets
Services, housing, programs
213-542-2600
usvetsinc.org

Volunteers of America
VOALA.org
323-657-5550
Services, housing, employment

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

Free online course about suicide
learn.psycharmor.org/courses/va-save

VA Suicide Prevention Coordinators
Find nearest to you coordinator and ask for
Gun Safety information and free gun locks:
maketheconnection.net/resources/