

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

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.

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/

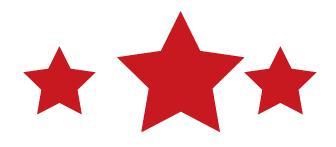
OR CALL DIDI HIRSCH SUICIDE PREVENTION CENTER 877-727-4747

CARING COUNSELORS ARE AVAILABLE TO TALK 24/7

IN CASE OF EMERGENCY
Call 911



JUST ASK BETHERE



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/