

VFW Auxiliary Dept of NH

Presidents Special Project

Suicide Awareness

December 2022 - General Information



WARNING SIGNS

Most people who consider suicide have problems they think they can never overcome. They think that no one can help them, and that suicide is the only way out.

People who are considering suicide may feel:

- Helpless, like there is nothing they can do to make things better
- Hopeless, thinking their problem cannot be solved by them or anyone else
- Worthless, thinking they're unable to help themselves or feeling like a failure
- Hateful toward themselves
- Like they are a burden to others
- As if the pain of living is too much to bear

Some Veterans' pain may come from having been through traumatic events like the death of someone close to them, seeing people die during their military service, or sexual assault or abuse. Other Veterans' difficulties may be the result of a major setback such as ending a marriage, losing a job, or feeling as if their honor is lost. Some people may think about suicide due to the buildup of stress, depression, anxiety, or posttraumatic stress that makes life seem as if it's no longer bearable.

No matter the reason, people don't attempt suicide because they want to die, but because they see suicide as the only way to escape the pain of living. It is important to realize that there are many ways to handle any problem — even if you can't see a solution yourself. Sometimes you need an outside perspective to see new answers to personal problems. (Make the Connection - Suicide, 2022)

This Holiday Season, keep all Veterans and their Families in your thoughts. If you see something say something. If you have not heard from a Veteran and this is out of the norm, don't hesitate and reach out to the Veteran. You can change his/her life!

Assistance is only a phone call away.

GET READY for **10-DIGIT Dialing** for New Hampshire calls

INCLUDE **603** for ALL NH CALLS starting **OCTOBER 24, 2021**

To ensure that users can dial 988 to reach the existing National Suicide Prevention Lifeline after July 16, 2022

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK
AFTER 7/16/22 DIAL **988**

We all have a role to play. Together, we can help save Veteran lives.

Support for Veterans, their Families and Friends

Veterans Crisis Line 1-800-273-8255
Send to 838255
Confidential Chat at VeteransCrisisLine.net

Veterans Crisis Line
1-800-273-8255 PRESS 1

Click here to visit The Veterans Crisis Line

SUICIDE FREQUENCY

22 PER DAY
ONE EVERY
65 MINUTES

Best regards,
Julie DeRubeis

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