## **Veterans and Suicide**

- Risk of suicide for Veterans is 22% higher than civilians.
- Female Veterans' risk of suicide is 2.5 times higher than female civilians.
- Deploying during first year in service increases risk of suicide.
- Deploying shortly after last deployment increaes risk of suicide.
- Those who experienced military sexual trauma have a significant risk for suicide.



# The TWV Guiding Principles

#### Veteran-Driven

Veterans provide permission and work together to implement TWV in their community. Local Veteran leadership guides the TWV process.

#### Collaborative

Community partners play a key role in successfully supporting Veterans and their families. Informed and educated community partners are better equipped to address the needs of Veterans. Collaboration and education will strengthen the suicide prevention network for Veterans, their families and friends.

#### **Evidence-Informed**

TWV strategies are drawn from well-researched models that have been shown to effectively reduce suicide. The strategies are designed to strengthen community capacity to reduce suicide risk among Veterans.

#### **Community-Centered**

TWV partnerships develop a unique suicide prevention action plan based on community strengths to address community needs. TWV action plans are reviewed and revised as needed to reflect changes in community needs and priorities in order to promote success.

# How Can You Help?

- Ask the committee about becoming a peer support for at risk Veterans.
- Take suicide awareness classes to learn about how to approach someone in crisis.
- Join the committee
- Help us create more suicide prevention programming

Become involved today!!!

### The TWV Mission

The Together With Veteran (TWV) Program enlists rural Veterans and their local partners to join forces to reduce Veteran suicide in their community.



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# TOGETHER WITH VETERANS

Together With Veterans (TWV) is a Veteranled community-based suicide prevention program. TWV teams conduct a public health action planning process to address rural Veteran suicide prevention. Implementation of the action plan is ongoing and is intended to create long-term relationships between Veterans and community service providers, deepen community awareness about Veteran needs, and improve services and support for Veterans and their families.

https://www.mirecc.va.gov/visn19/togetherwithveterans/