Saving Lives Mobile Application User Guide



A Tool for Military Suicide Prevention Awareness and Resilience

Prepared By: Kenitha Woodhouse, DSW-C, MSW, M.A.



Copyright: 2026, Kenitha Woodhouse Consulting LLC. All Rights Reserved.
ISBN: TBD.
Publisher Information: Published by Woodbridge, VA 22192
Printing Edition: 1

Mobile Application Purpose

The *Saving Lives* Mobile Application, formally titled *Saving Lives of Those Who Wear Camouflage* and referred to throughout this guide as *Saving Lives*, is a practitioner-designed, evidence-informed digital tool developed as a core deliverable of the *Saving Lives* initiative under Kenitha Woodhouse Consulting, LLC, and constructed upon the proprietary Invisible Armor Framework. The application originated from a doctoral capstone project completed at California Baptist University, titled *The Lives of Those in Camouflage: A Digital Application for Suicide Prevention Education for Military Personnel*, and represents the translation of rigorous academic inquiry into a practical, accessible, and culturally responsive resource. Its primary aim is to strengthen suicide prevention efforts among active-duty service members, veterans, and the broader military-connected communities who support them throughout and beyond the arc of military service.

The application is theoretically grounded in Social Learning Theory, Attachment Theory, and a Christian worldview, reflecting an integrative approach to understanding and addressing the multidimensional nature of suicide risk in military populations. In alignment with these theoretical foundations, the application incorporates evidence-based education and skill-building, safety planning, self-care strategies, gatekeeper training, and population-specific support across six core tool portals and four specialized population modules. Critically, the application was intentionally designed to serve as a non-clinical, user-centered resource that prioritizes accessibility, stigma reduction, and the expansion of prevention touchpoints beyond the boundaries of traditional mental health treatment settings.

The development of the *Saving Lives* Mobile Application was a direct and deliberate response to the persistently elevated rates of suicide within the military community and the well-documented gap between the availability of formal clinical services and the types of support that service members and veterans are demonstrably willing to engage with outside institutional contexts. Each portal within the application is structured to meet users where they are at their point of need. No matter whether that need involves identifying early warning signs in oneself or others, providing support to an individual in acute crisis, or cultivating the protective factors associated with long-term psychological resilience. Users are guided through actionable tools, evidence-informed resources, and structured pathways for decision-making and help-seeking at every stage of engagement.

Foundationally, the *Saving Lives* Mobile Application is premised on the principle that suicide prevention is neither the exclusive province of clinical professionals nor the sole responsibility of military leadership, but rather a shared obligation distributed across the entirety of the military ecosystem that encompasses service members, veterans, families, peers, commanders, installation professionals, and community partners alike. This User Guide has been developed to orient that full range of stakeholders to the scope, structure, and functionality of the application, and to support informed, confident, and purposeful engagement with its content and resources.

Safety Notice

The *Saving Lives* Mobile Application is designed as a suicide prevention awareness and resilience-building tool. Its content, resources, and interactive features are intended to educate, equip, and empower users to recognize warning signs, build protective skills, and connect with support. The application is not a substitute for professional mental health treatment or crisis intervention. This application does not constitute clinical care. If you or someone you know is

actively experiencing suicidal ideation, is contemplating a suicide attempt, or is in immediate danger, do not rely solely on this application. **Call 911 immediately for life-threatening emergencies.** For mental health crisis support, **call or text 988** to reach the Suicide and Crisis Lifeline, where trained counselors are available 24 hours a day, seven days a week, including a dedicated Veterans Crisis Line. Your life has immeasurable value, and trained professionals are ready to help.

Scan to Access the Saving Lives Mobile Application

To access the webpage of the *Saving Lives* application via the computer, select the following link: savingthelivesofthosewhowearcamouflage.com.

TABLE OF CONTENTS

Getting Started

Getting Started **8**
1.1 Accessing and Opening the App 8
1.2 Guest Users 8
1.3 Crisis Banner and Immediate Help (988 / 911) 8
1.4 Language Selection (English, Spanish, Arabic) 8
1.5 Menu 8
1.6 Invisible Armor Assistant 9
1.7 Instant Calling or Text 10
1.8 Navigating the Homepage 10
1.9 User Satisfaction Survey 11
1.10 Return to Homepage 11
1.11 My Account 11

Core Portals

Portal 1: Service Member to Veteran Continuum **13**
2.1 Military Family Dynamics and Generational Legacy 13
2.2 Adverse and Beneficial Childhood Experiences (ACEs/BCEs) Assessment 13
2.3 Prevention and Career Preparation 14
2.4 Military Life Milestones and Lifetime Goal Setting 14
2.5 Person-in-Environment Theory 15
2.6 Feelings Awareness Steps 15

Portal 2: Armor Mindset Check **17**
3.1 Identifying Current Feelings and Challenges 17
3.2 Relapse Prevention Tracker (RPT) and Annotated Log 17
3.3 Armor Mindset Skills & Techniques 18
3.3.1 Cognitive Distortions 19
3.3.2 Knowledge Check: Test Your Skills 19
3.3.3 Behavioral Skill Activities (4 Activities) 20

Portal 3: Resources **22**
4.1 Emergency Crisis Contact 22
4.2 Civilian and Military Resource Categories 22
4.3 Locating the Nearest Veterans Affairs (VA) Facility 23

Portal 4: Safety Planning **24**
5.1 Overview of Safety Planning and Firearm Safety 24
5.2 Building Your Personal Safety Plan 25

5.3 Crisis Safety Planning Videos (4 Videos) 25
5.4 Knowledge Check and Additional Resources 26

Portal 5: Self-Care 28
6.1 Why Self-Care Matters: Introductory Video 28
6.2 Physical, Mental, Emotional, Social, and Spiritual Self-Care Strategies 28
6.2.1 Positive Affirmations 29
6.2.2 Sacred Quotes 29
6.3 Interactive Activities 30
6.3.1 Box Breathing 30
6.3.2 Digital Playlist Creation 30
6.3.3 Digital Coloring Book 31
6.4 Self-Care Tracker and Reflection Journal 31
6.4.1 Self-Care Tracker 32
6.4.2 Reflection Journal 33
6.5 Veteran Wellness Resources 33

Portal 6: Become a Community Gatekeeper 35
7.1 How Everyone Can Save a Life 35
7.2 Understanding the Gatekeeper Role 35
7.3 Self-Efficacy 36
7.4 Certification Tracker 36
7.5 Training Program Directory 37
7.6 Responding to an Active Suicidal Crisis 37
7.7 211 and Additional Resources 38

Portal 7: Awareness Survey 39
8.1 16-Question Survey Overview 39
8.2 Scoring and Results 39
8.3 Continuing Your Journey 40

Specialized Support Portals

9.1 Women Service Members and Veterans Portal 41
9.1.1 Understanding Your Challenges 41
9.1.1.1 Military Sexual Trauma 42
9.1.1.2 Balancing Service and Family 44
9.1.1.3 Healthcare Access 45
9.1.1.4 Career Transition 46
9.1.2 Resources for Women 46
9.1.3 Additional Information 46

9.2 Commanders and Senior Leaders Portal 47
9.2.1 Understanding Your Challenges 48

9.2.1.1 The Weight of Command 48
9.2.1.2 Perceived Weakness 50
9.2.1.3 Isolation at the Top 51
9.2.1.4 Moral Injury 53
9.2.2 Quarterly Touchpoint Tracker 54
9.2.3 Leadership and Mental Health Myth Debunkers 55
9.2.4 National Guard and Reserve Resources 56
9.2.5 Confidential Support & Motivational Quotes 56
9.2.6 Additional Resources 57

9.3 Support for Parents and Families Portal 58
9.3.1 Recognizing Warning Signs in Adolescents and Adult Children 58
9.3.2 How to Help: Do's and Don'ts 59
9.3.3 Starting the Conversation 59
9.3.4 Securing Your Home 61
9.3.5 Resources for Parents & Families 61
9.3.6 Self-Care Strategies for Parents 61

9.4 Military Spouses Support Portal 62
9.4.1 Your Service Member is Contemplating Suicide 62
9.4.2 After Suicide Loss: Supporting Yourself and Your Family 63
9.4.3 Know You Are Struggling with Suicidal Thoughts 63
9.4.4 Support Tools 63

Invisible Armor Framework

Portal 8: Invisible Armor Framework 65
10.1 Framework Overview Video 65
10.2 Six Shields and App Navigation Links 66
10.3 Triumphant Testimony Portal 66
10.3.1 Model Overview Video 67
10.3.2 Real-Time Engagement Tracking 67
10.3.3 Lifetime Goal Recording and Accomplishment Log 67
10.3.4 Mental Health is a Lifetime Journey 68
10.3.5 Community Message Board 68
10.4 Learn More 69

Appendices

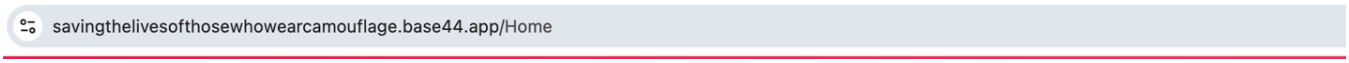
Appendix A — Glossary of Key Terms 71
Appendix B — Crisis Contact Quick Reference Card 74
Appendix C — References and Evidence Base 76

Appendix D — Warning Signs and Protective Factors **77**

Getting Started

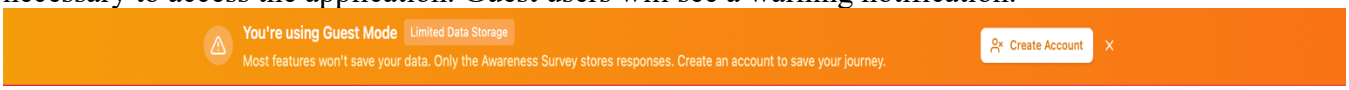
1.1 Accessing and Opening the App

Accessing the web-based application can be done by scanning the QR code on the page provided in the introduction, or by going to savingthelivesofthosewhowearcamouflage.com. The user will notice that the application address will appear differently.



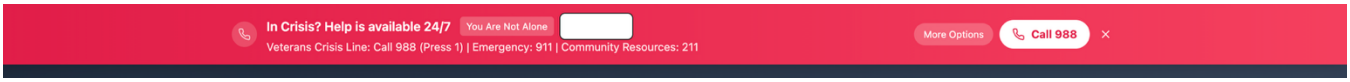
1.2 Guest Users

The developer encourages all users to create an account to get the most from the application, such as automatic tracking of the user's progress and usage. However, an account is not necessary to access the application. Guest users will see a warning notification.



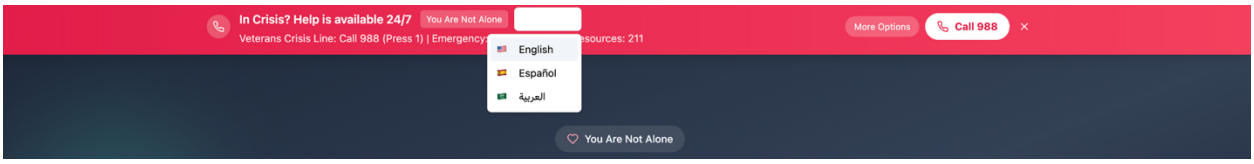
1.3 Crisis Banner and Immediate Help (988 / 911)

When a user opens the app, they will see the initial banner for those in crisis. They can call the Veterans Crisis Line 988 by hitting the call button.



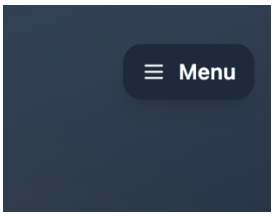
1.4 Language Selection (English, Spanish, Arabic)

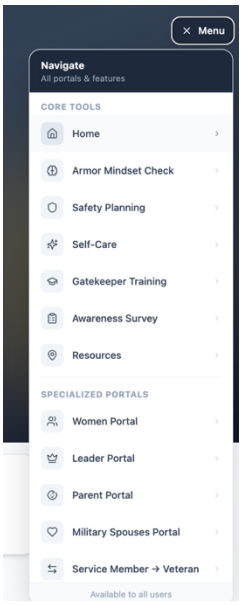
There is a language button that lets users select between English, Spanish, and Arabic. These are the top 3 languages spoken by military personnel.



1.5 Menu

In the top right corner, users will find a menu button. If the users click the menu button, they will find the different portals built throughout the app. Users can select whichever app applies to their concerns. Users will be automatically redirected to the selected portal.





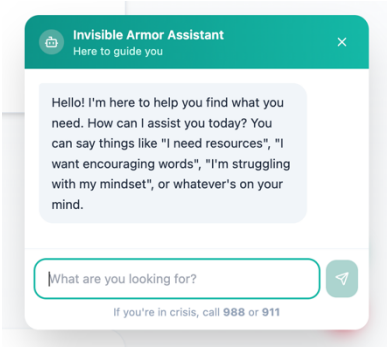
The menu button will be available throughout the user's entire experience, in the same location.

1.6 Invisible Armor Assistant

When users encounter The Invisible Armor Assistant as an instant pop-up upon accessing the app, this artificial intelligence service allows the user to enter their own personal scenario, and it will find the best portal and topic for them.

Users are presented with a sample scenario to aid understanding.

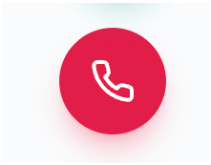


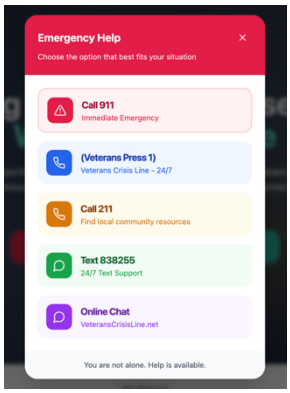


The Invisible Armor Assistant button will be available throughout the user's entire experience, in the same location.

1.7 Instant Calling or Text

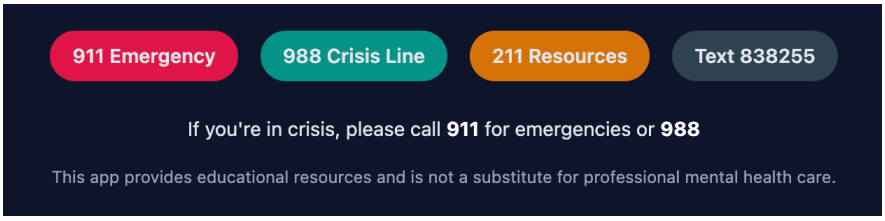
Users have access to a 24/7 intervention service for suicide. Users will be connected to 911, the Veterans Crisis Line, and/or 211 upon their selection.





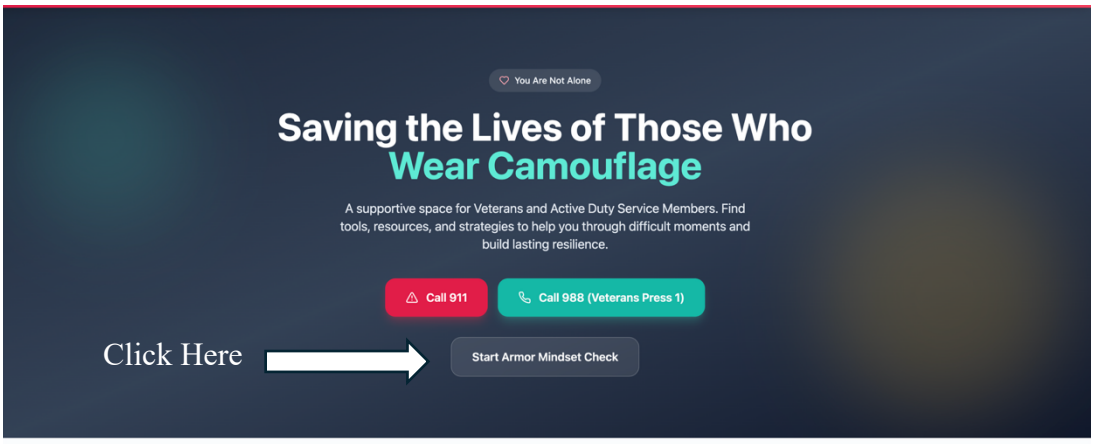
The Instant Calling or Text button will be available throughout the user's entire experience, in the same location.

At the bottom of the homepage, users can also access instant calling and messaging. These images will appear at the bottom of every portal throughout the user's application experience.



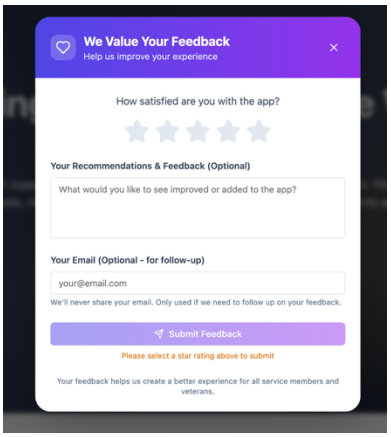
1.8 Navigating the Homepage

If the user comes down a little, they will find the Saving Lives Homepage. Users can call 911 or 988. Additionally, the user can start completing their Armor Mindset Check.



1.9 User Satisfaction Survey

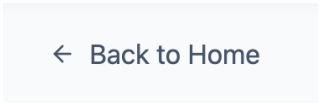
Users who create an account will receive a pop-up notification after 90 days to rate their experience with the app. This image will allow the user to provide feedback to the developer for improvement and to notify the developer of issues.



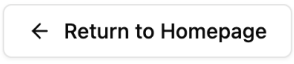
1.10 Return to Homepage

Users can scroll to the top or bottom of every portal's main page to return to the homepage.

Top of Page



Bottom of Page



1.11 My Account

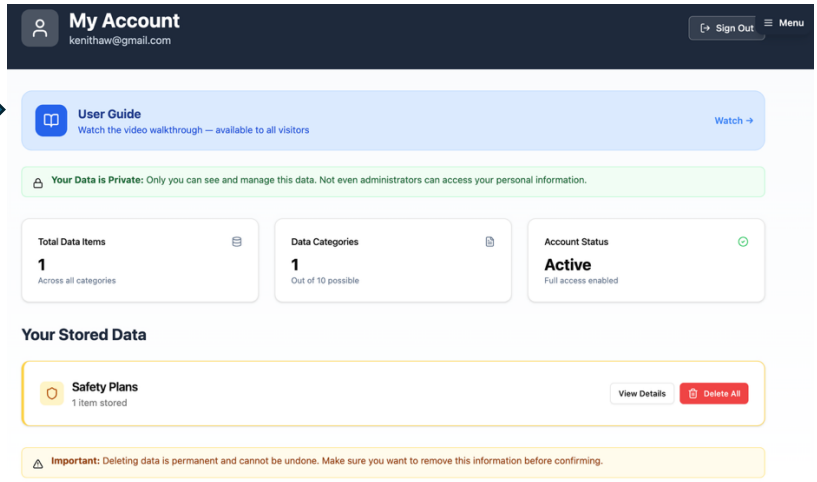
At the bottom of the homepage, Users can create an account to access the My Account section of the *Saving Lives* mobile application.



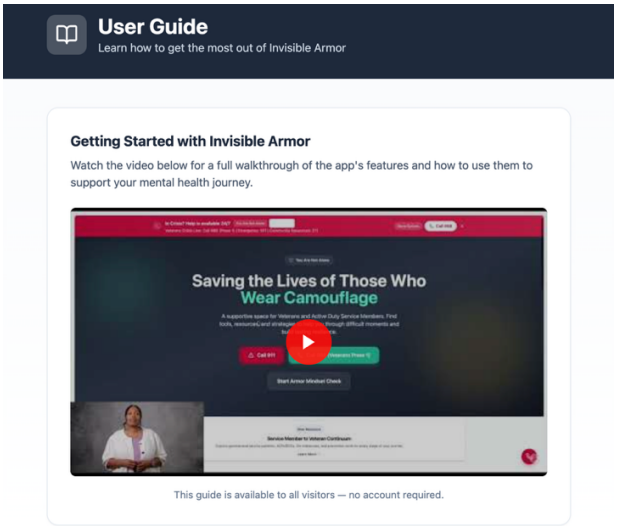
Here, users can view data history from their continuous engagement with the application. They can view their overall safety plan history, activity logs, journal reflections, and the number of times they have engaged with each application portal.

Additionally, users can access the ‘User Guide’ section of the application for a formal introduction to the intent of the application itself.

Click Here

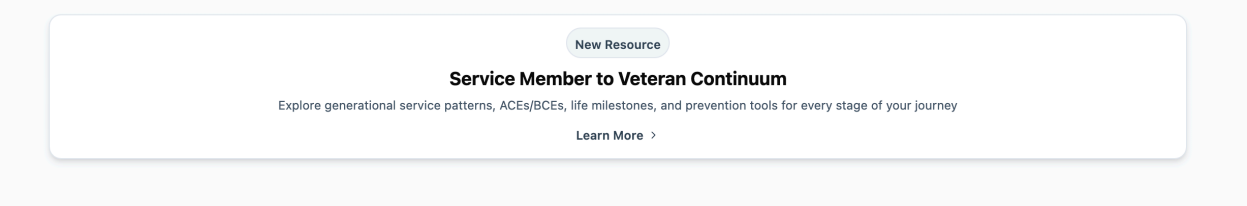


Within the User Guide section, users can watch the ‘Getting Started with the Invisible Armor’ video and read the formal User Guide.



Portal 1: Service Member to Veteran Continuum

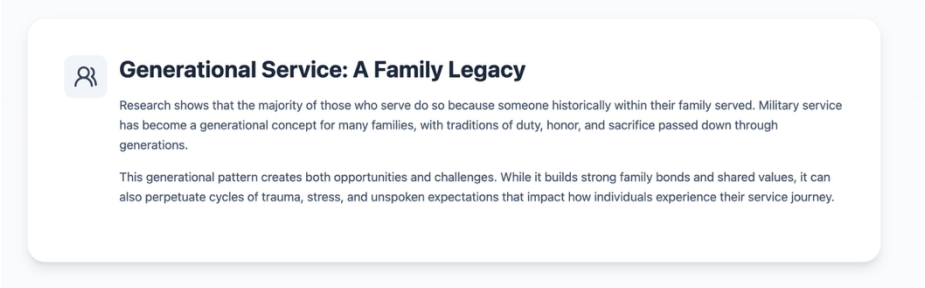
From the homepage, users can select the ‘Service Member to Veteran Continuum’ portal to access information about the journey of becoming a service member and how their career can impact their behavior long after their dedicated service. The portal will appear as follows:



Once the User enters the portal, there are multiple sections for the user to explore:

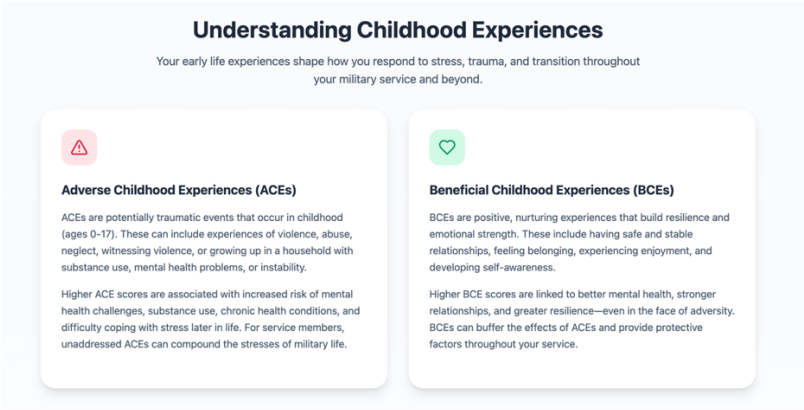
2.1 Military Family Dynamics and Generational Legacy

Users can learn how the military impacts family dynamics, as it often becomes a generational legacy.

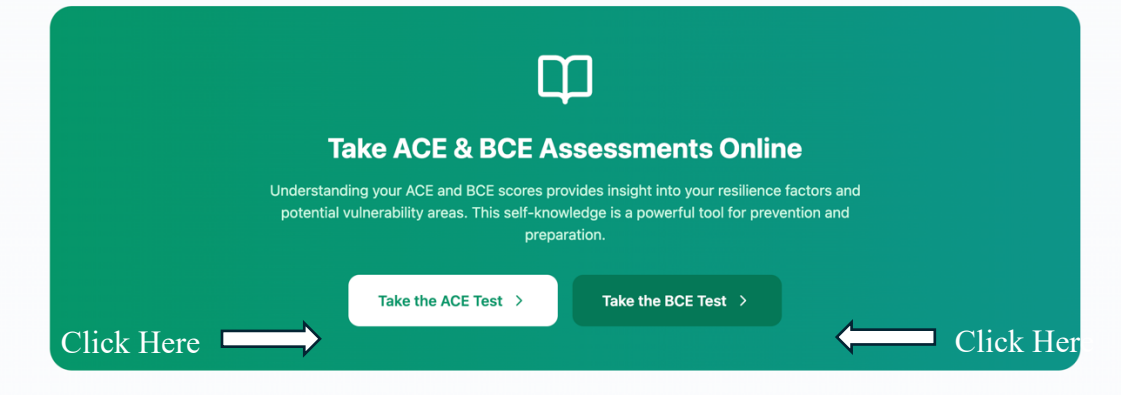


2.2 Adverse and Beneficial Childhood Experiences (ACEs/BCEs) Assessment

Users can learn about Adverse Childhood Experiences and Beneficial Childhood Experiences, and how these experiences can impact their behavior throughout adulthood and play a role throughout their military career.

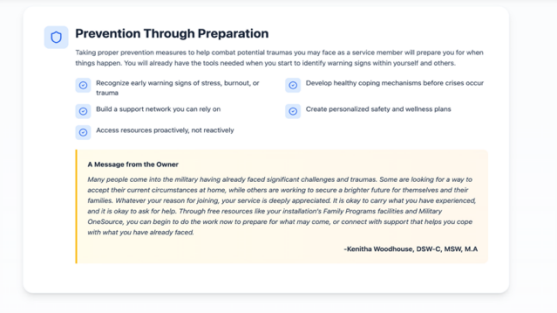


Users can take an online assessment to determine their scores. By clicking the ‘Take ACE Test’ or ‘Take BCE Test’ option, the user will be redirected to an online free test on the *American Society of Positive Care of Children website*.



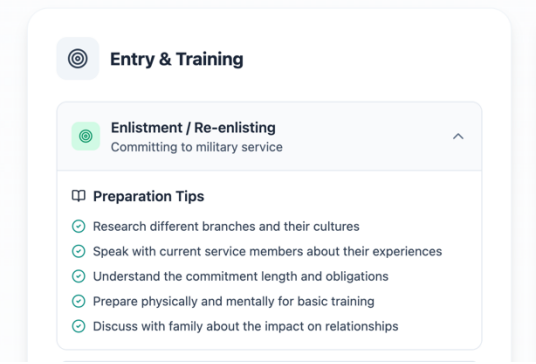
2.3 Prevention and Career Preparation

Users can read a discussion on the importance of prevention by preparing for what may happen throughout their career. This section includes a message of encouragement from the developer.

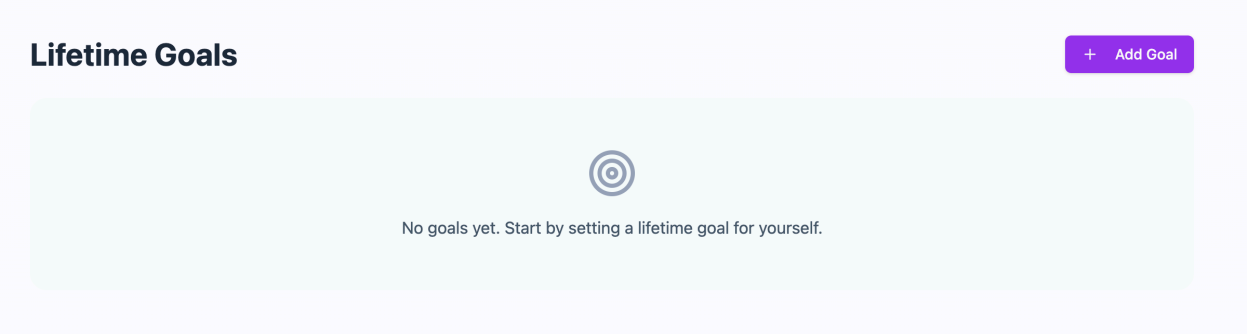


2.4 Military Life Milestones and Lifetime Goal Setting

Users will find discussion points on Military Life Milestones, covering initial entry, career, personal, and transitioning categories. Users are encouraged to select the drop-down button to review in-depth preparation tips.

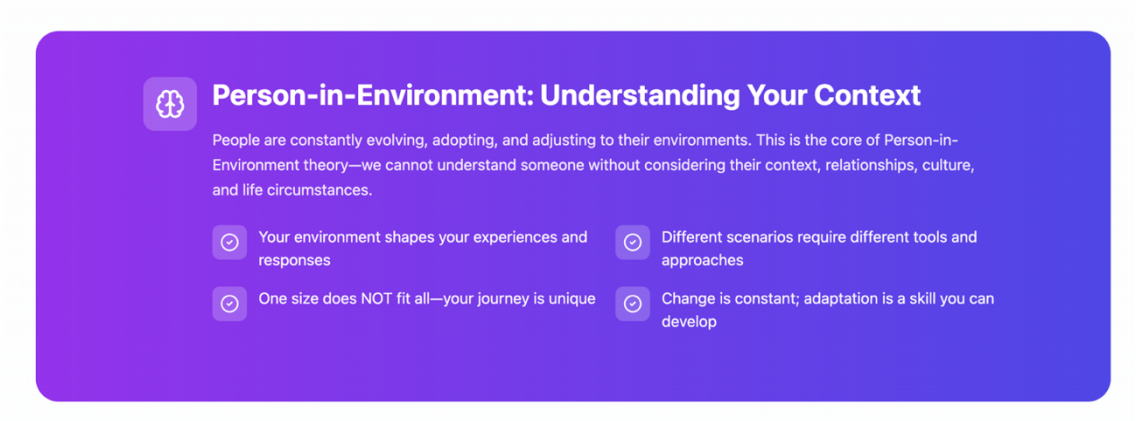


The user can set their lifetime goals for each category by clicking on the ‘Create a Lifetime Goal.’ The user will be redirected to the Triumphant Testimony Portal to record their goals.



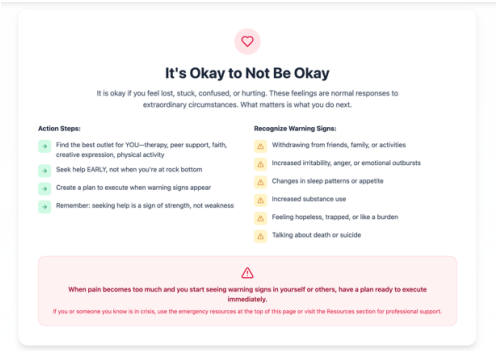
2.5 Person-in-Environment Theory

Users can review the discussion on the theology of Person-in-Environment theory and how different scenarios require different tools needed to address challenges.



2.6 Feelings Awareness Steps

Reassurance and validation of their feelings, awareness of warning signs, and taking actionable steps as a prevention measure are presented. While simultaneously informing that suicide prevention is their individualized journey.

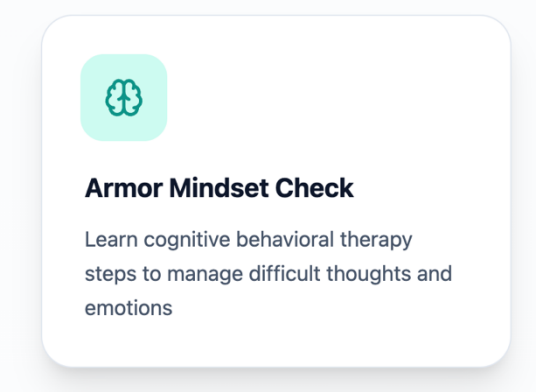


Users can continue scrolling and review useful information throughout this category until they reach the end of the page. Users are then prompted to select between ‘Explore Resources,’ where they are taken to the Resources Portal, or ‘Return to Home’ to the homepage.



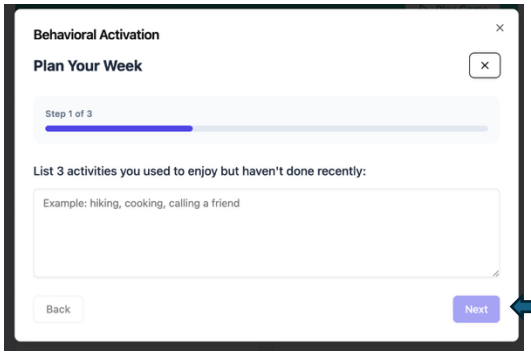
Portal 2: Armor Mindset Check

From the homepage, users can select the ‘Armor Mindset Check’ portal to access information regarding mindset thinking and how to reframe thought patterns. The portal will appear as follows:



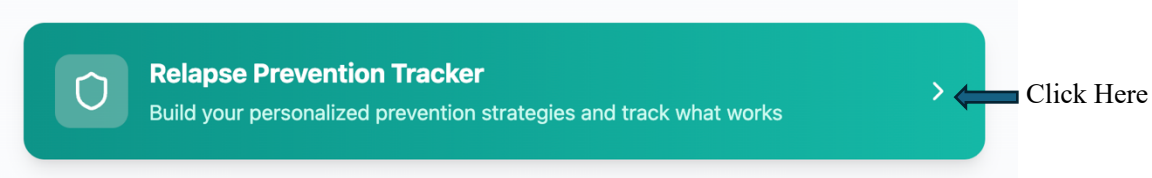
3.1 Identifying Current Feelings and Challenges

The user can examine their thoughts and feelings about a situation by following the 5 steps to analyze it and properly process their emotions critically. Users must click the ‘next’ button to proceed to the next step.

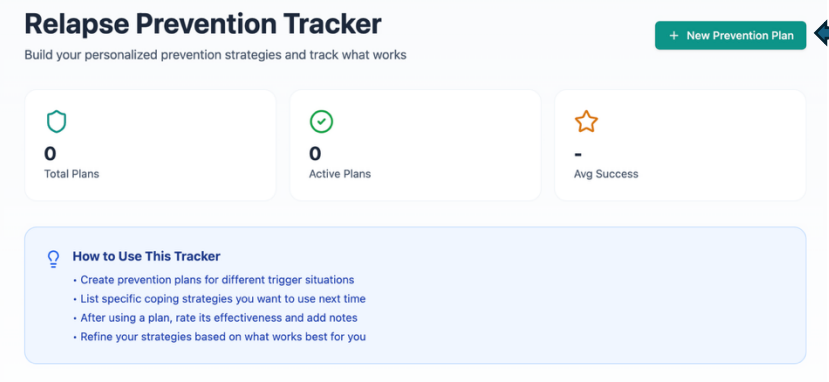


3.2 Relapse Prevention Tracker (RPT) and Annotated Log

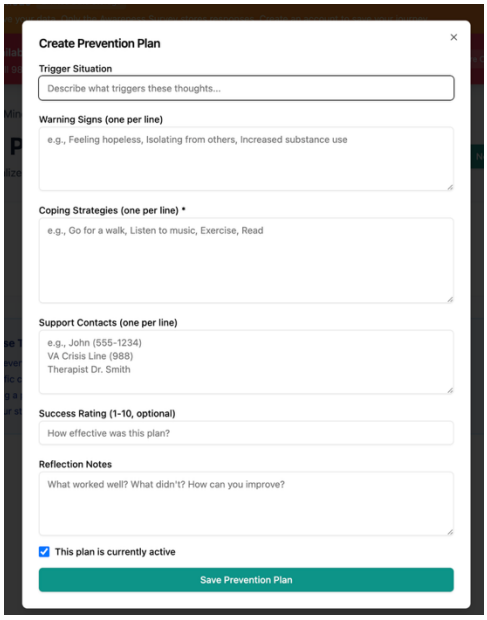
The user can use the RPT to keep an annotated log of the issues they have encountered and to track the strategies they have chosen as best suited to their different scenarios.



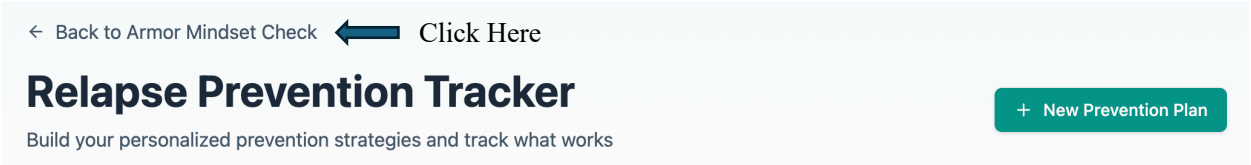
By clicking on the RPT button, the user will be taken to the dashboard. To submit and track the prevention plan, the user must click the ‘New Prevention Plan’ button.



Users can complete the detailed prevention plan and save it to the tracker. Users can go back and update their plan, or build a new one, at each application use.

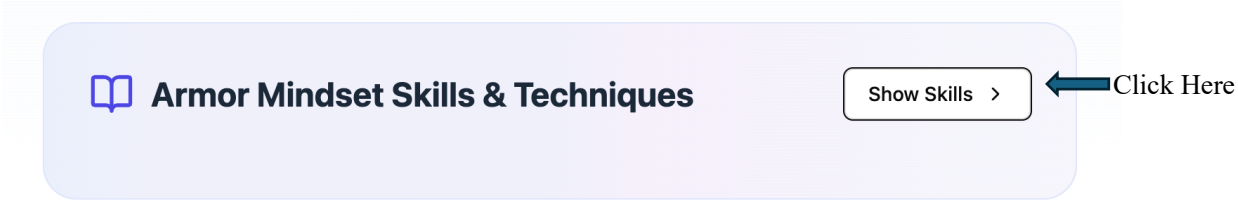


To return to the Armor Mindset Check main page, the user must click the ‘Back to the Armor Mindset Check’ button after saving or reviewing their prevention plan. That is located above the title of the Relapse Prevention Plan. (This button will appear above all trackers and journals within the *Saving Lives* application.)



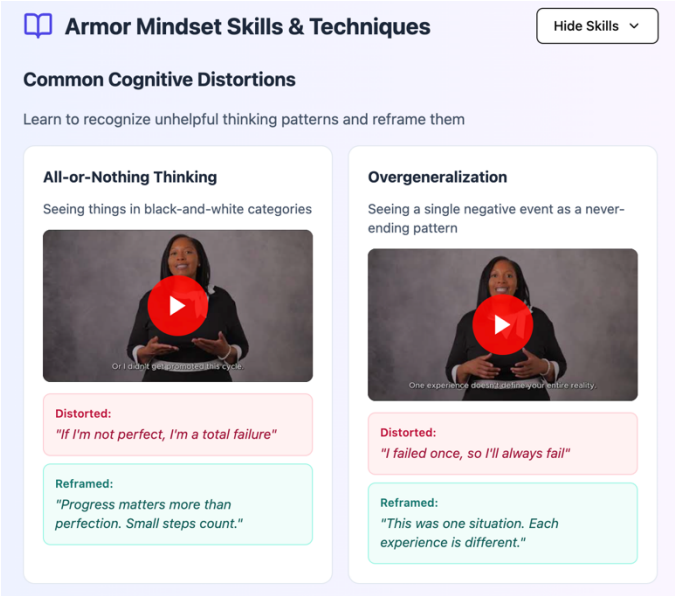
3.3 Armor Mindset Skills & Techniques

Users have the option to view this section. To view the ‘Cognitive Distortions’, ‘Test Your Skills’, and ‘Build Behavioral Skills’, users must select the “view skills” button.



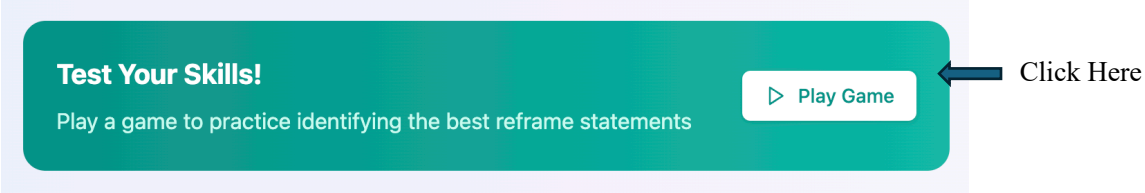
3.3.1 Cognitive Distortions

Users can learn how to identify common cognitive distortions by watching pre-recorded educational videos. Each video can be paused and replayed.

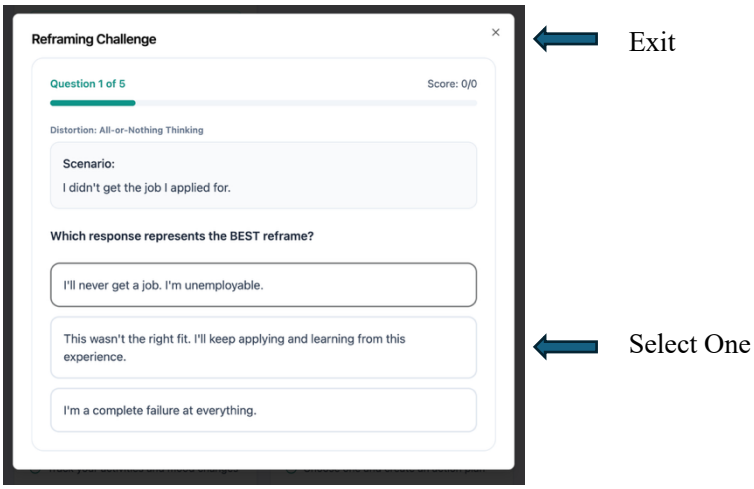


3.3.2 Knowledge Check: Test Your Skills

Users can test their knowledge on the techniques for reframing their thoughts.



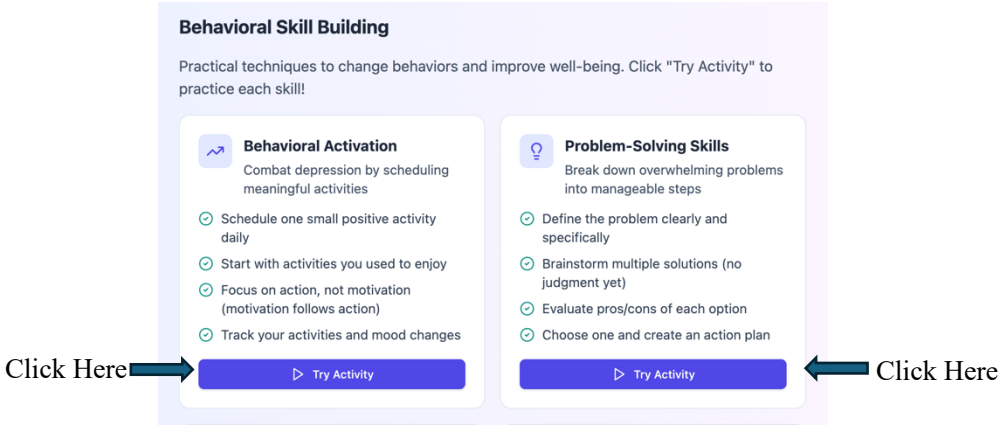
Users will complete the multiple-choice quiz by selecting the ideal answer to each scenario question to shape their understanding of the cognitive distortions presented.



Users can exit the knowledge check by clicking the “X” in the top-right corner.

3.3.3 Behavioral Skill Activities (4 Activities)

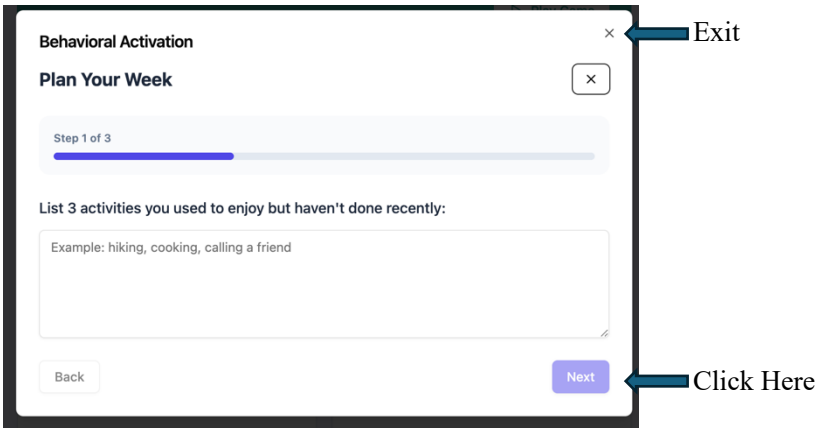
Users can complete 4 behavioral skill-building activities to improve their overall well-being.



By clicking ‘Try Activity,’ the user can explore multiple activities designed to build the behavioral skill they choose.

Depending on the activity, users may need to select “Next” to proceed to the next step.

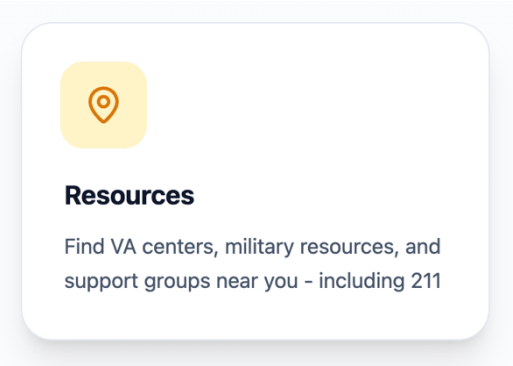
Users can exit the knowledge check by clicking the “X” in the top-right corner.



This is the end of the Armor Mindset Check Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

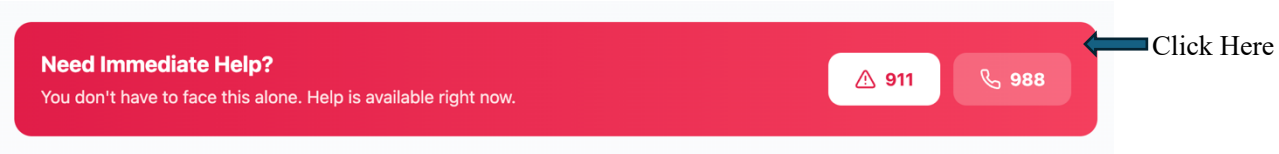
Portal 3: Resources

From the homepage, users can select the ‘Resources’ portal to access helpful organizations that provide prevention and intervention services. The portal will appear as follows:



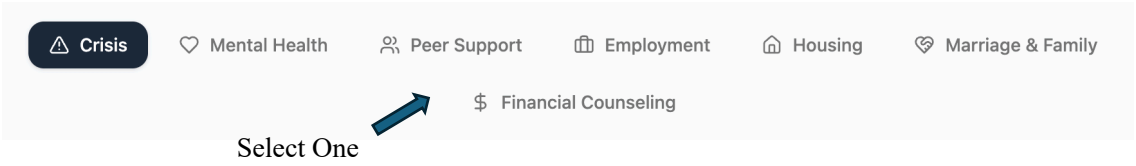
4.1 Emergency Crisis Contact

Users are first presented with emergency contact numbers for immediate intervention services.

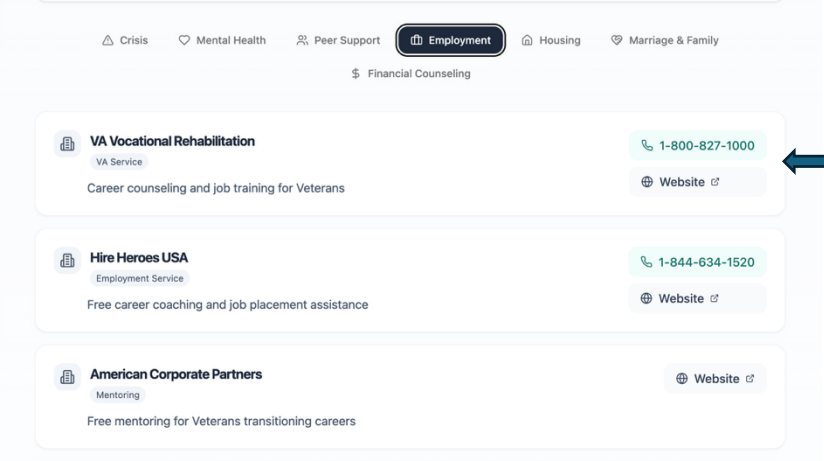


4.2 Civilian and Military Resource Categories

Users can identify civilian and military resources for crisis, mental health, peer support, employment, housing, marriage & family, and financial counseling.

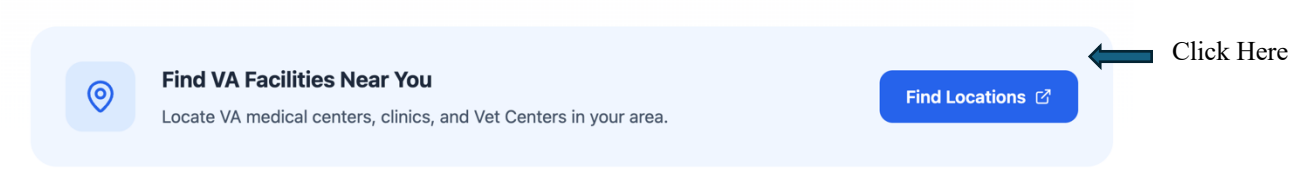


A drop-down list will appear, allowing the user to review a range of resources. Users can either call the resource or visit its website to explore it.



4.3 Locating the Nearest Veterans Affairs (VA) Facility

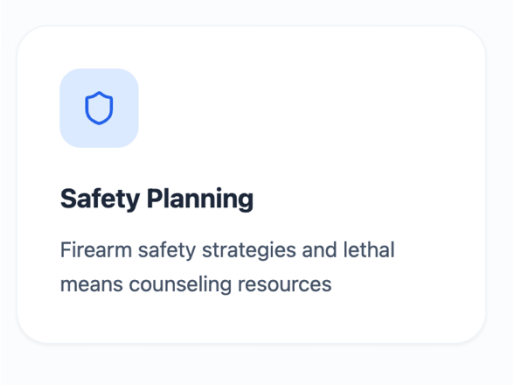
Users can find the local VA Facility near them by clicking the 'Find Locations' button, which takes them to the VA webpage.



This is the end of the Resources Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

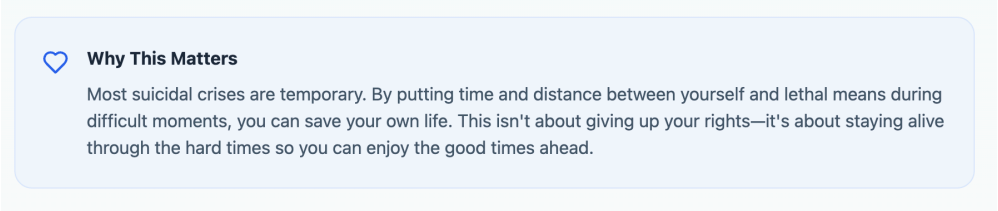
Portal 4: Safety Planning

From the homepage, users can select the ‘Safety Planning’ portal to access helpful information on how to put safety prevention measures into place to prepare for crisis scenarios. The portal will appear as follows:

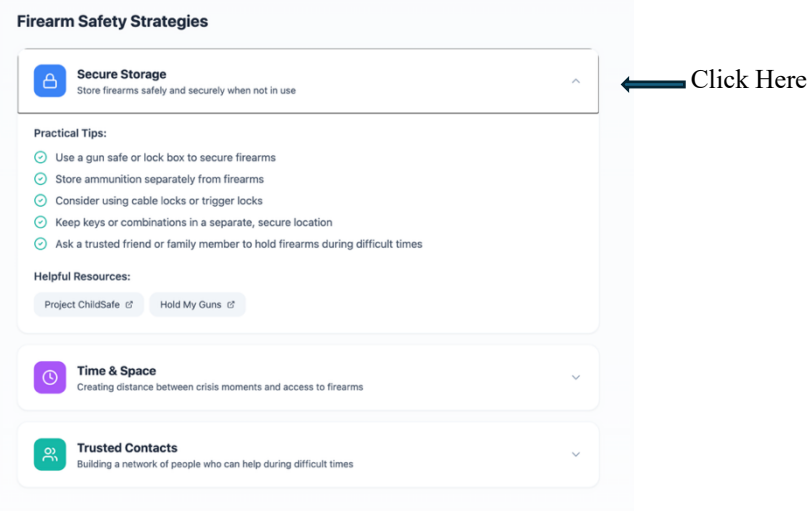


5.1 Overview of Safety Planning and Firearm Safety

Users can review the importance of Safety Planning.

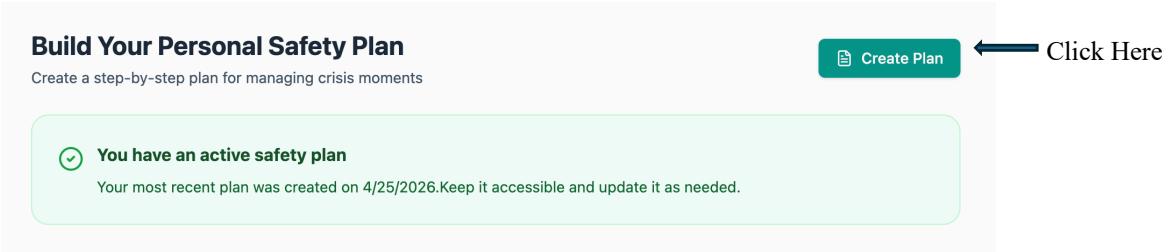


Additionally, recommendations are provided for strategies for Firearm Safety. Helpful links are available for each major discussion point: storing firearms, putting time and space between thoughts and actions, and relying on trusted contacts. Users can click the drop-down option to view tips and access recommended resources.

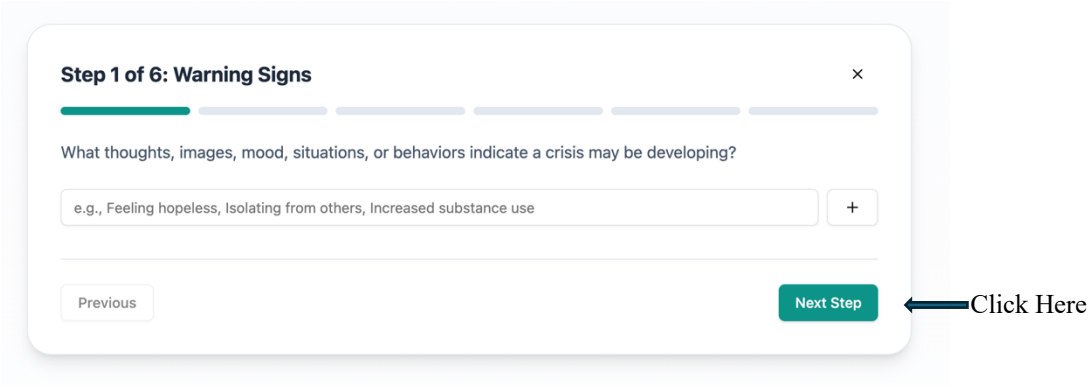


5.2 Building Your Personal Safety Plan

Users can build their own safety plan by clicking ‘Create Plan,’ which walks them through 6 steps to help them identify warning signs, coping strategies, trusted people and social settings, professional contacts, reasons for living, and how to make their environment safe.

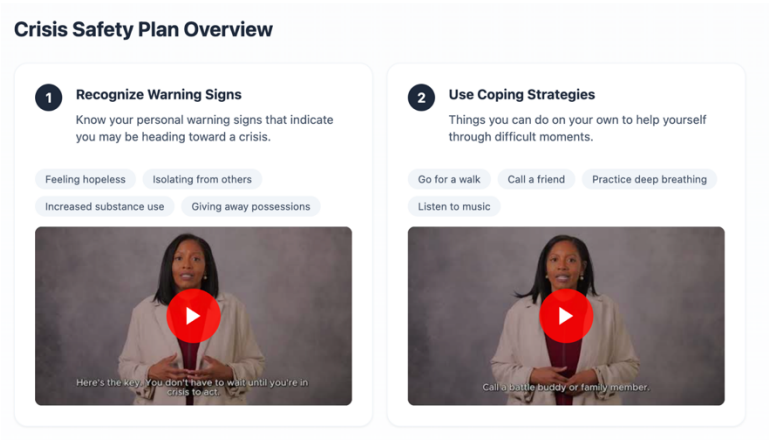


After clicking ‘Create Plan,’ a pop-up will appear. Users must click ‘Next’ to proceed with the safety planning process.



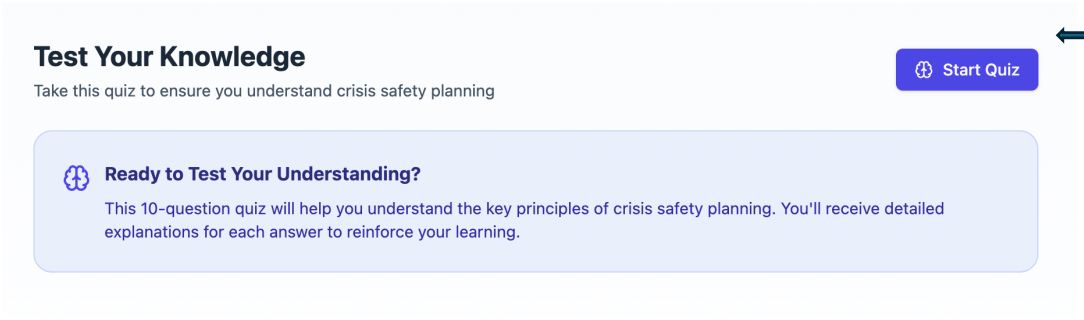
5.3 Crisis Safety Planning Videos (4 Videos)

Users can watch helpful videos focused on crisis safety planning to learn how to identify warning signs, use coping strategies, reach out for help, and make their environment safe.



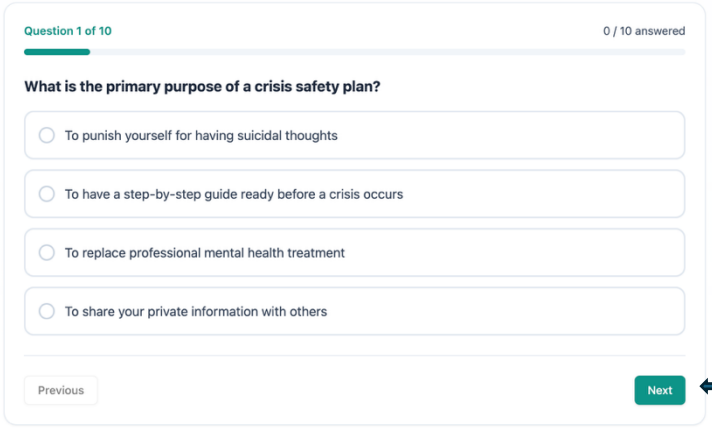
5.4 Knowledge Check and Additional Resources

Users can test their knowledge on the learned techniques and can find additional resources that may help.



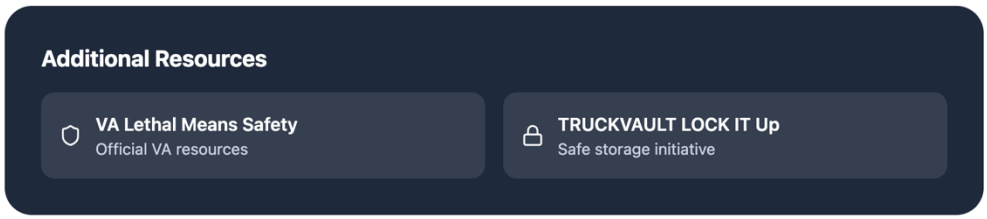
Click Here

After clicking 'Start Quiz,' a pop-up will appear that lets the user complete a 10-question multiple-choice quiz. Users must click 'Next' to move to the next question.



Click Here

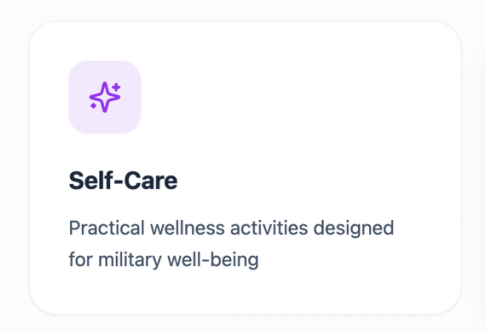
At the bottom of the screen are additional resources that can help the user learn more about firearm safety. By clicking on each resource, the app will take the user to the appropriate webpage for the organization.



This is the end of the Self-Care Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

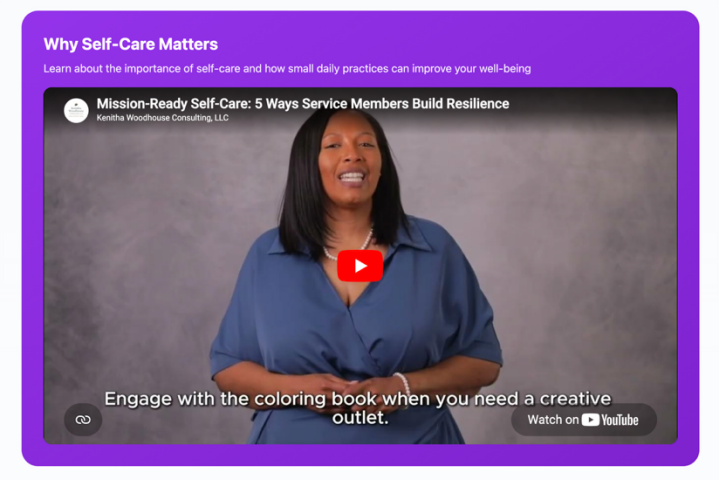
Portal 5: Self-Care

From the homepage, users can select the ‘Self-Care’ portal to access helpful information on caring for their personal needs. The portal will appear as follows:



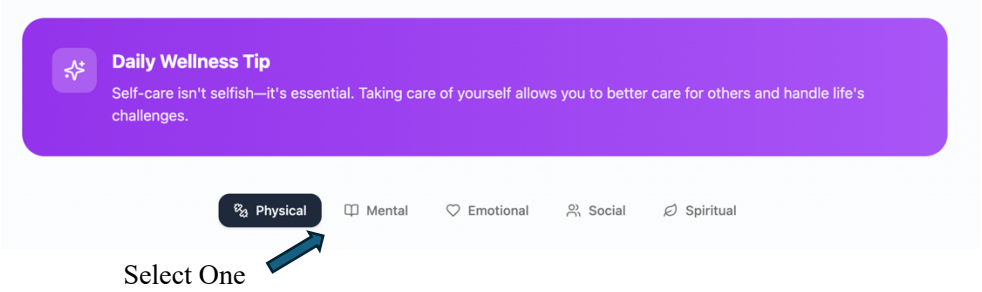
6.1 Why Self-Care Matters: Introductory Video

Users can watch a brief video on why self-care is important.

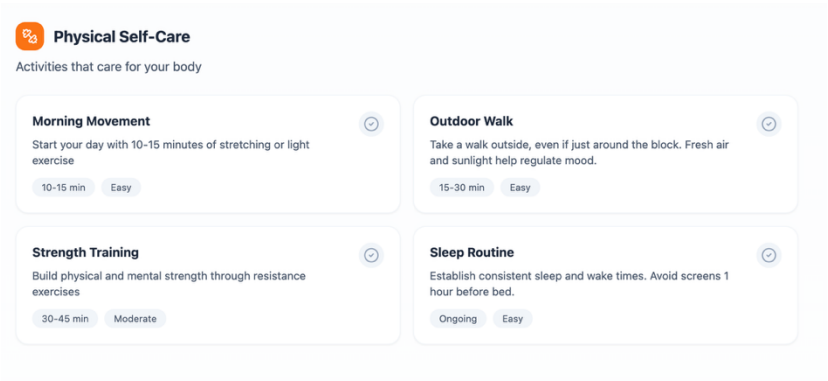


6.2 Physical, Mental, Emotional, Social, and Spiritual Self-Care Strategies

The user can find recommended strategies for physical, mental, emotional, social, and spiritual self-care.

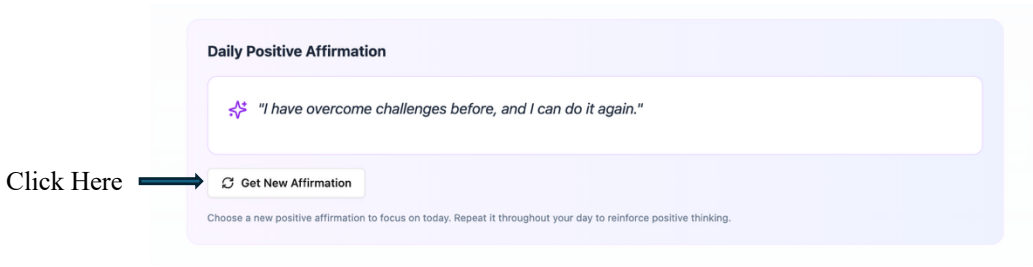


By selecting different categories, at least 4 activity samples will appear underneath each subject. The image below is the ‘Physical Self-Care’ sample.



6.2.1 Positive Affirmations

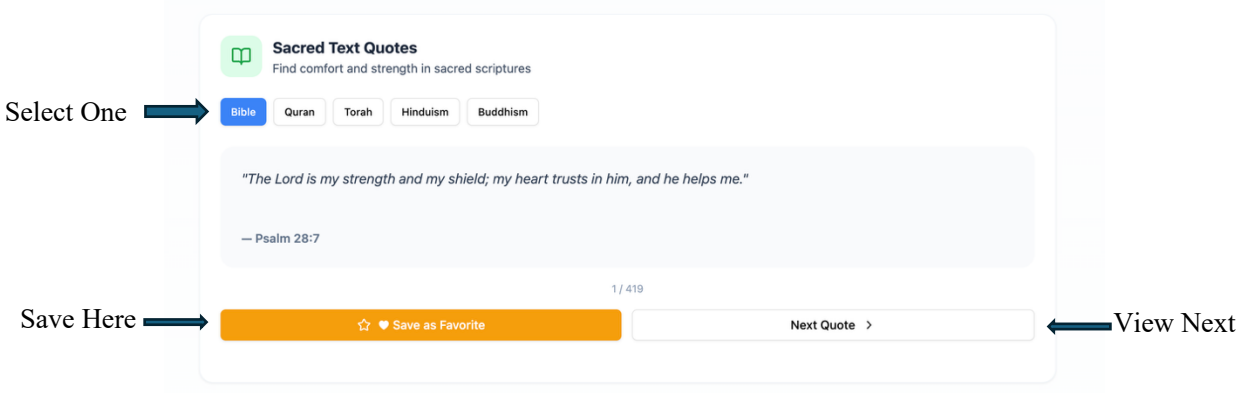
Underneath the Mental Self-Care activities are daily affirmations that can be refreshed for a new message every day of the year.



6.2.2 Sacred Quotes

Underneath the Spiritual Self-Care activities are encouraging and positive quotes from the Bible, Quran, Torah, Hinduism, and Buddhism. There is at least one quote for each day of the year. To switch between the religious readings, users must click on the different teachings.

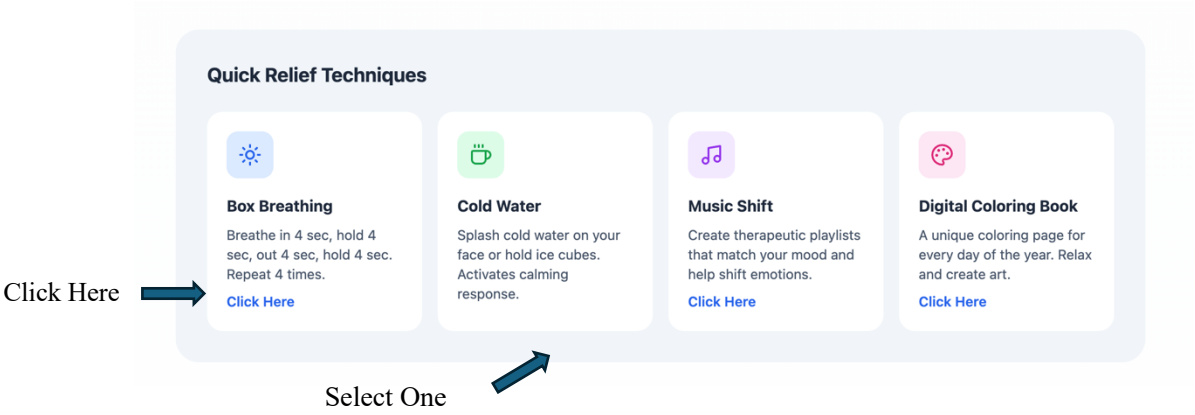
Users can select their favorite quotes, and a tally of those quotes will be recorded.



6.3 Interactive Activities

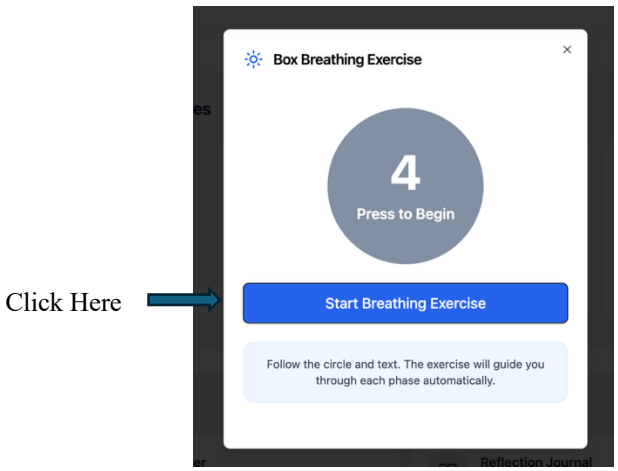
Users can engage with interactive activities such as box breathing, music shift, and digital coloring directly from within the application. To engage with each digital activity, the user must choose the appropriate activity and select ‘Click Here.’

There is one suggested activity that requires minimal effort using household items. A cup or bowl, cold water, and ice will be needed.



6.3.1 Box Breathing

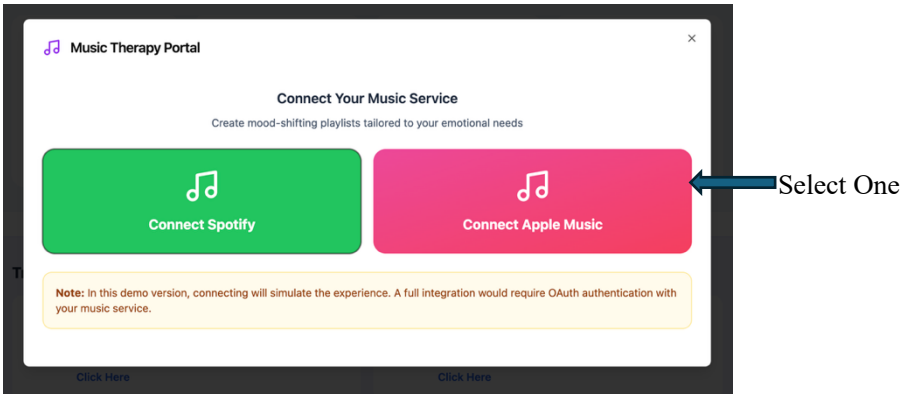
When the user selects the box breathing activity, a 4-second breathing activity will appear, guiding the user through deep breathing instructions: inhaling and exhaling. To start the activity, users must click on the ‘Start Breathing Exercise’ button.



6.3.2 Digital Playlist Creation

Users are recommended to create a playlist that is relaxing and helps them feel positive, especially when dealing with intrusive thoughts. This feature is compatible with Apple Music

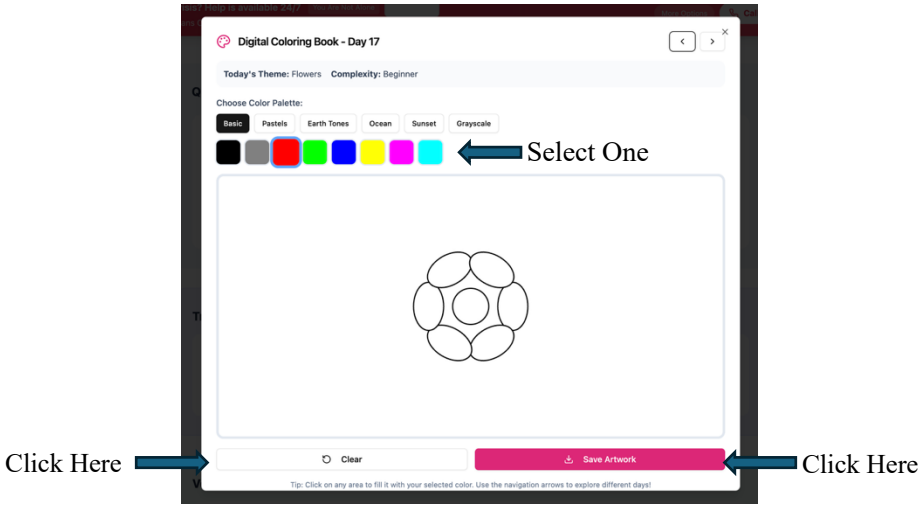
and Google Spotify on iPhones and Android devices. Users will need to create an account and grant the application access to their music. Once permissions are granted, users will need to select the best option for their phone and begin to build their individualized playlist.



6.3.3 Digital Coloring Book

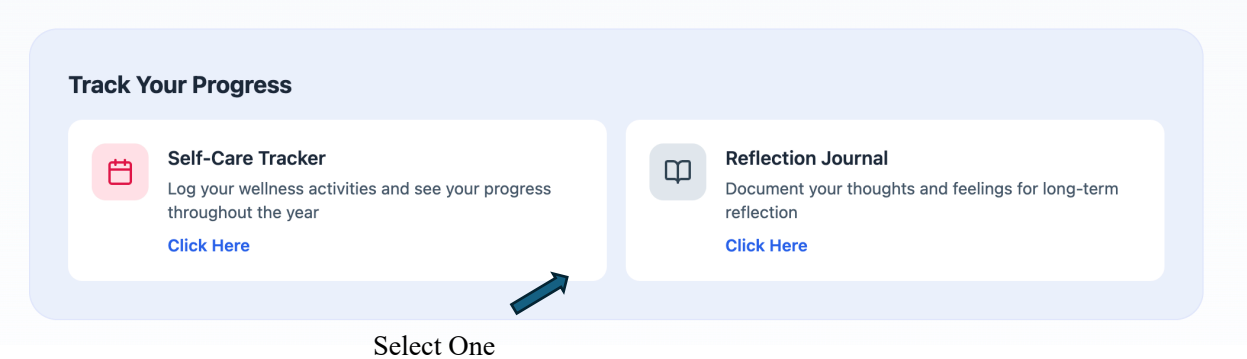
Users can create a different activity for each day of the year in the digital coloring book. To color the image, users will need to select the available colors and specify where on the template they want each color applied. Users can clear the last painted option by pressing the ‘Clear’ button.

To select a different image, users must click the ‘Next’ button.



6.4 Self-Care Tracker and Reflection Journal

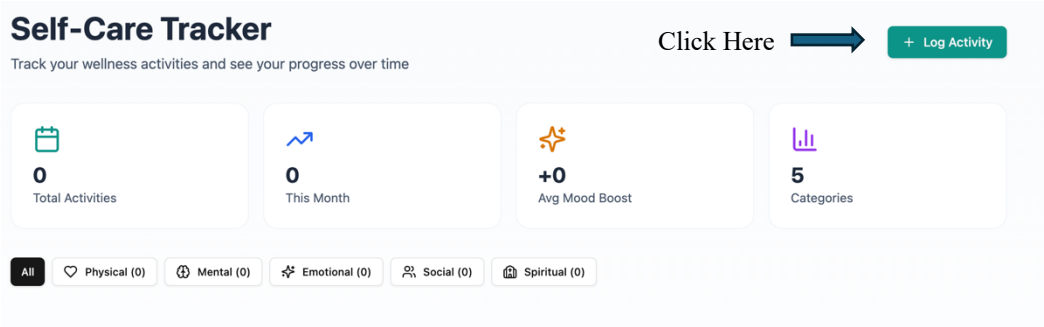
Users can track their self-care journey through the self-care tracker and write in a reflection journal to process their thoughts and emotions. Users must click on the self-care application function they wish to participate in.



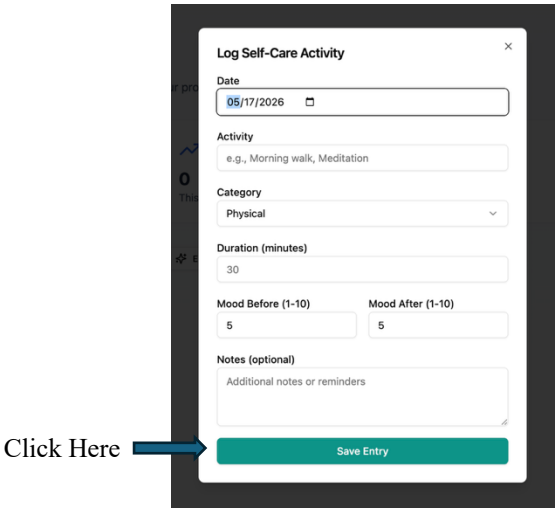
Select One

6.4.1 Self-Care Tracker

Upon entering the self-care tracker, users will be greeted by an overall dashboard that tallies their self-care activities, categorized into 5 forms: Physical, Mental, Emotional, Social, and Spiritual. To log their activity, users must click 'Log Activity' to record each input.



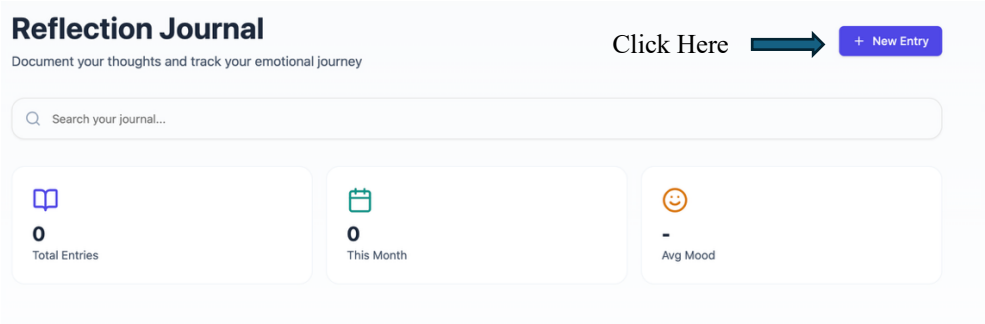
When logging their activity, users can enter the duration of the activity and rate their mood before and after engaging. Additionally, users can add additional important notes to help them decide whether to engage with the activity again. To ensure their activity is saved, users will click 'Save Entry,' which will automatically update the dashboard.



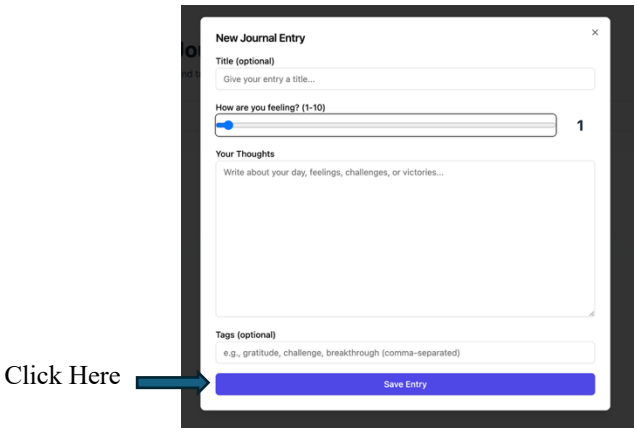
To exit the Activity Log, users select ‘Back to Home,’ which redirects them to the Self-Care Portal homepage.

6.4.2 Reflection Journal

Upon entering the reflection journal, users will be greeted by an overall dashboard that tallies their number of journal entries and their mood when entering each entry. Users must click ‘New Journal’ to record each input.



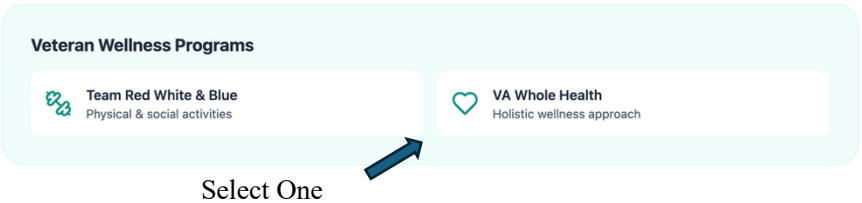
To log a journal entry, users will create a title for each entry. Additionally, they will rate their feelings on a scale of 1 to 10. There are no character limits, so the user can write as much as they want to express their thoughts and feelings fully.



To exit the Reflection Journal, users select ‘Back to Home,’ which redirects them to the Self-Care Portal homepage.

6.5 Veteran Wellness Resources

At the bottom of the screen, additional resources are provided. These resources offer in-person activities for the military population, such as support groups that allow fellow veterans to meet up. By clicking on each resource, the app will take the user to the appropriate webpage for the organization.

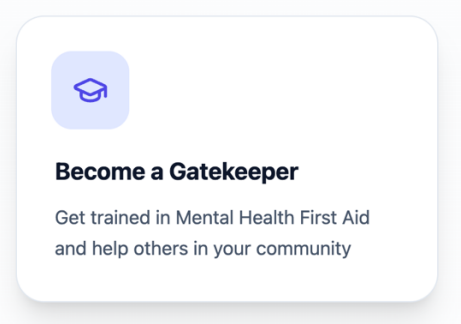


Select One

This is the end of the Self-Care Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

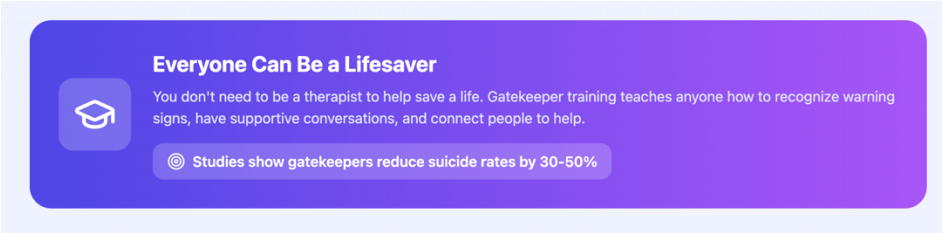
Portal 6: Become a Community Gatekeeper

From the homepage, users can select the ‘Become a Community Gatekeeper’ portal to learn how to help others by being a trusted community prevention service aid. The portal will appear as follows:



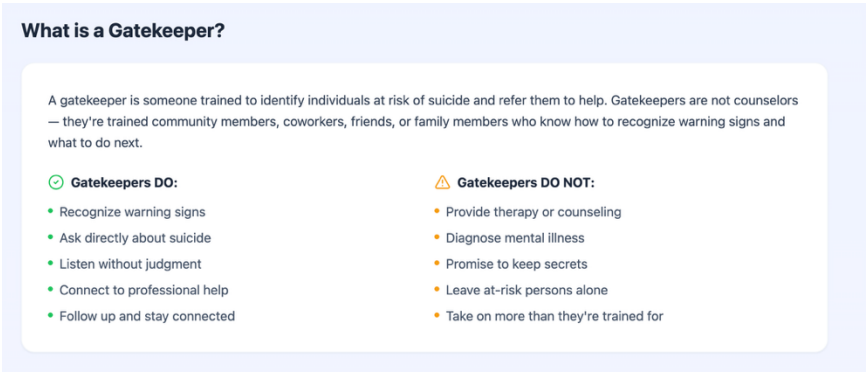
7.1 How Everyone Can Save a Life

Upon opening the ‘Become a Gatekeeper’ portal, users will see statistical information that explains why everybody can save someone who is struggling with suicidal ideation and mental health issues.



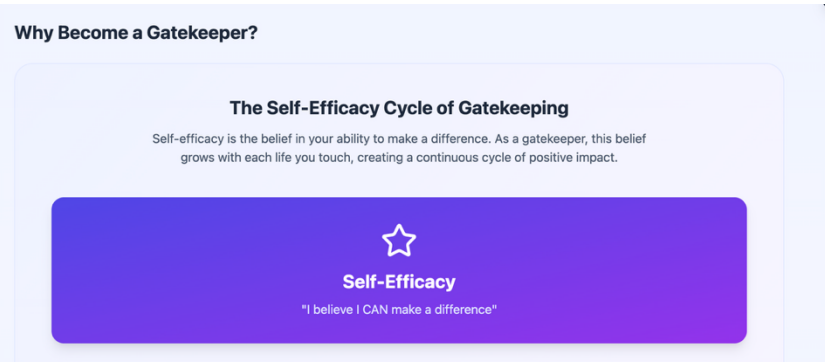
7.2 Understanding the Gatekeeper Role

Next, users will receive a brief explanation of the importance of being a Gatekeeper, with a formal understanding that the individual must be trained but does not require licensure. Additional information explains that ‘Gatekeepers’ are everyday people who encounter individuals who are struggling.



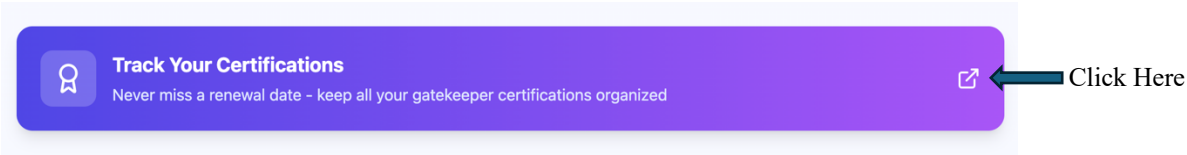
7.3 Self-Efficacy

Users will then encounter a few diagrams that explain the importance of self-efficacy and how helping each person strengthens their confidence and belief in their ability to help others. Additionally, helping others strengthens their internal awareness and empowers them.

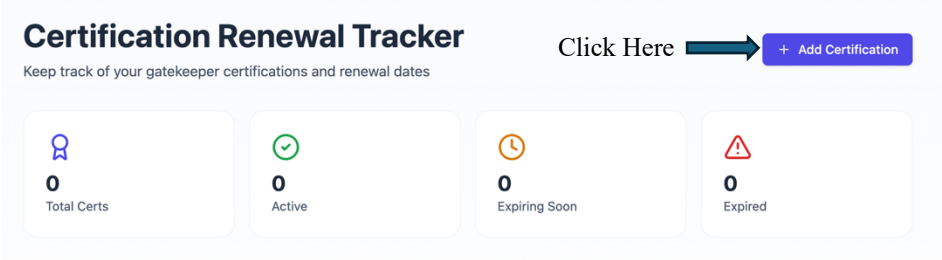


7.4 Certification Tracker

Users can track the current suicide prevention and mental health certifications that they currently hold. Users will need to click the “open” button.

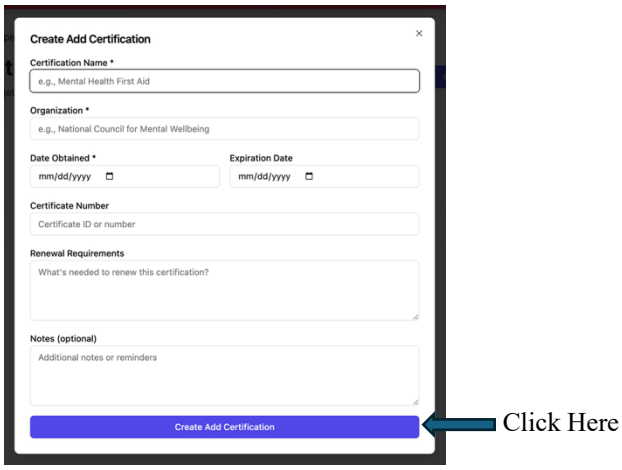


Upon opening the ‘Certification Renewal Tracker’, the user will find a dashboard that tracks their certification expiration dates, to ensure they do not miss any renewal application dates. To add certifications, users must click the ‘Add Certification’ button.



In the tracker, the user will enter the certification's name and organization. Additionally, they can enter the date they obtained the certification, the certification number, the expiration date, the renewal requirements, and any other details they want to remember.

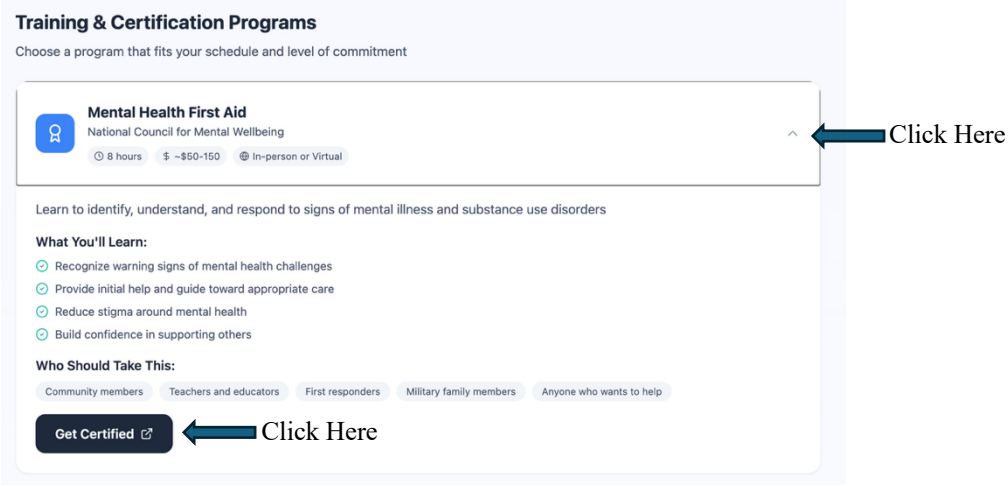
To save the certificate information, users must click “Create Add Certification” for it to be stored in the tracker.



7.5 Training Program Directory

Users can review the certification program directory. Each resource provides details on the class material, a price estimate, and the time required to obtain the certification. At the bottom of every certification resource is a link to the organization's webpage.

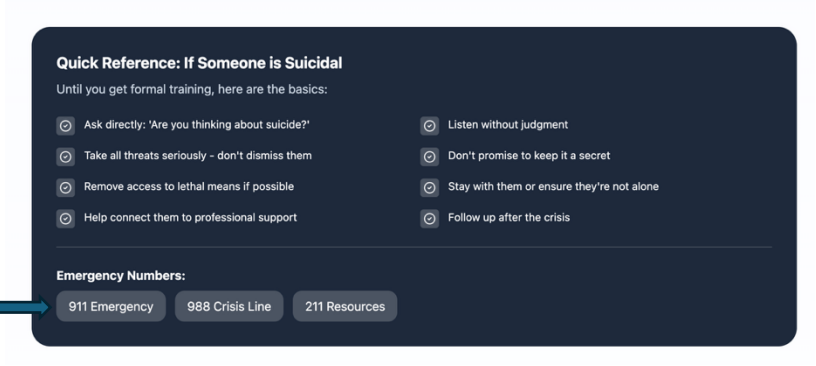
Each certification program may initially appear closed. Users will need to click the drop-down button on the right-hand side to display program details.



7.6 Responding to an Active Suicidal Crisis

Users receive a quick reference guide to aid those who are actively enduring a suicidal crisis, in which they are encouraged to contact emergency resources and not to leave the person exhibiting suicidal behaviors alone.

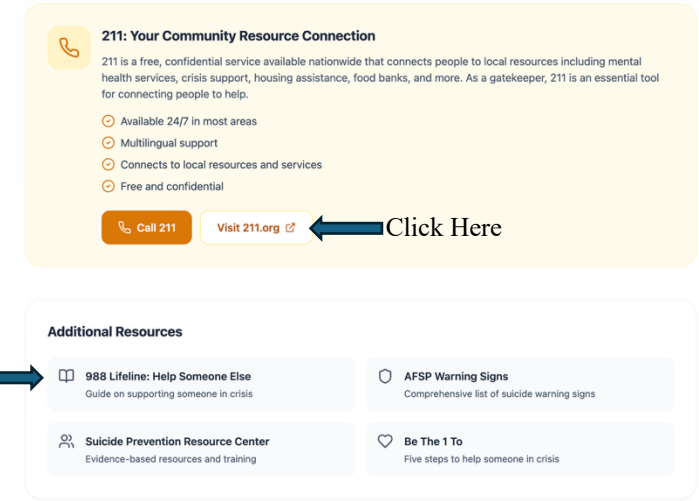
Users can contact emergency resources by clicking the phone numbers at the bottom of this section.



7.7 211 and Additional Resources

Most users are familiar with military organizations that serve their communities. However, users can also use 211 resources. Therefore, a brief program overview and contact information are provided. Users can decide to call them for resources or visit their webpage by selecting the best option.

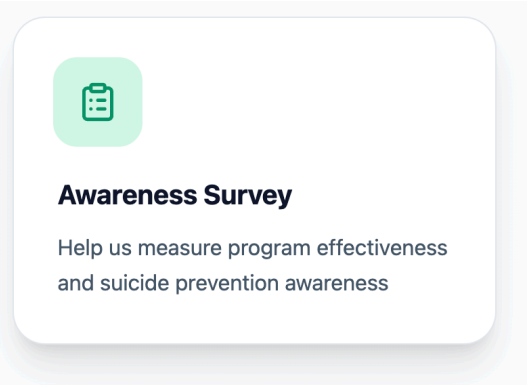
Additional military-friendly resources are provided. Users can click on the resource to be redirected to the organization's homepage.



This is the end of the Become a Gatekeeper Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

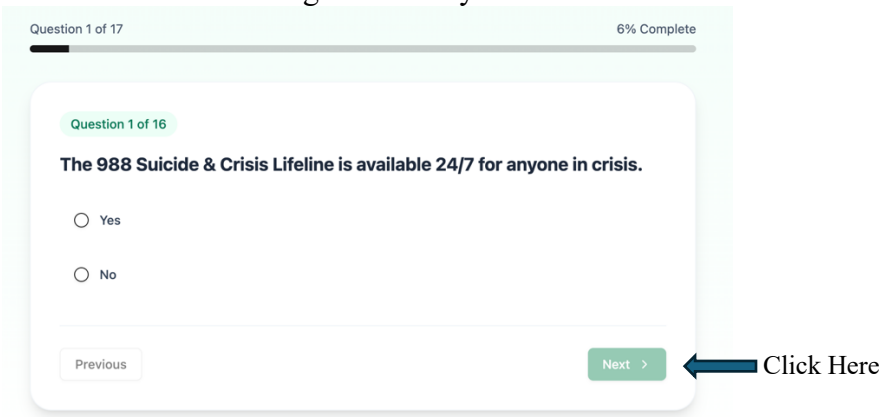
Portal 7: Awareness Survey

From the homepage, users can select the ‘Awareness Survey’ portal to complete a knowledge survey to determine if they learned anything from the *Saving Lives* application and provide feedback to the developer by completing the useful survey questions. The portal will appear as follows:



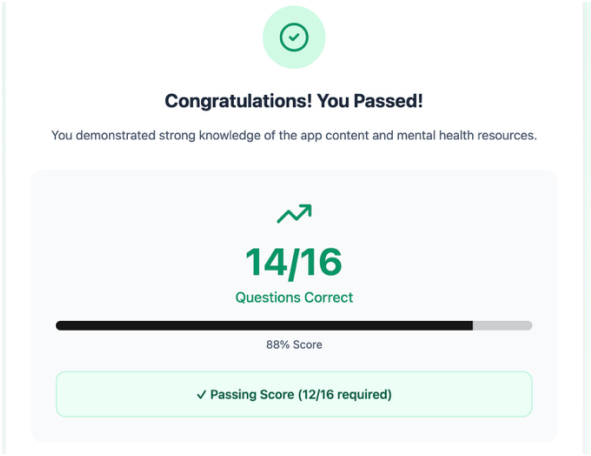
8.1 16-Question Survey Overview

Users can complete a 16-question multiple-choice survey. The 17th question is open-ended, allowing the user to provide feedback on whether the *Saving Lives* mobile application is useful. Users must click the ‘Next’ button to move through the survey.



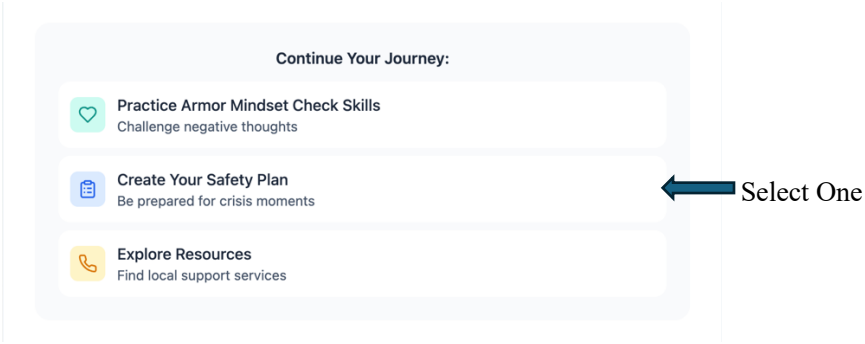
8.2 Scoring and Results

Upon completing the survey, users will receive a score. The objective is for the user to receive at least 80% on the multiple-choice questions to determine if the *Saving Lives* application is increasing their sense of knowledge.



8.3 Continuing Your Journey

Users will be able to further engage with different portals within the Saving Lives application immediately after receiving their survey results, as an option to refresh their knowledge in areas where learning is needed.



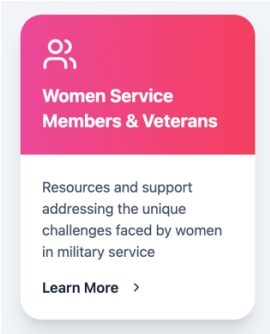
This is the end of the Awareness Survey Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

Specialized Support Portals

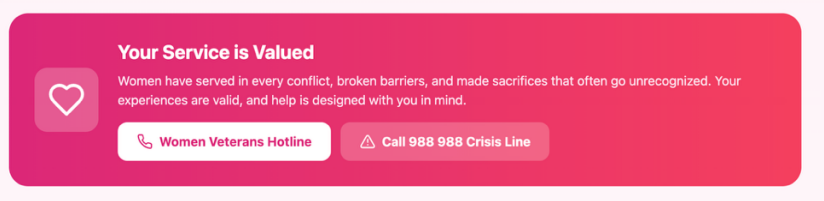
There are four specialized support portals; each portal provides specific resources for the military community it references. While the resources are for that specific community, users from all backgrounds, whether they identify with the community, are encouraged to familiarize themselves with resources across all categories, as they can provide new knowledge and serve as a leading discussion point when operating as a Gatekeeper.

9.1 Women Service Members and Veterans Portal

From the homepage, users can select the 'Women Service Members & Veterans' portal to access helpful information for women service members and veterans. The portal will appear as follows.

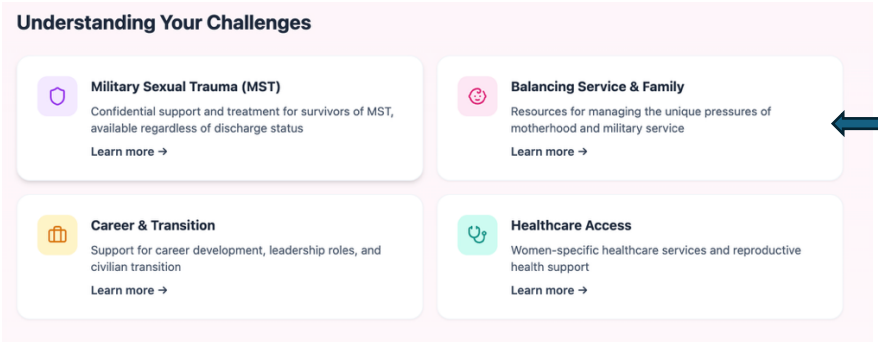


Upon opening the portal, users will find resources for the Women's Veterans Affairs Hotline and the 988-crisis line for emergencies. Users can access the hotline or call the crisis line by selecting the option that best fits their needs.



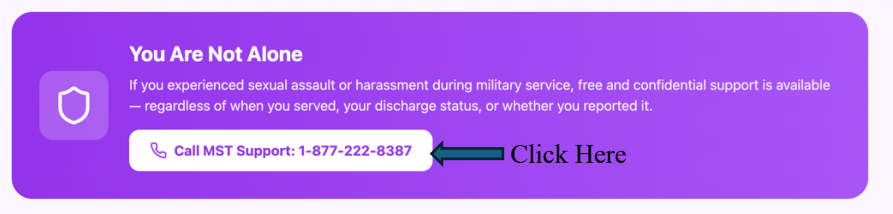
9.1.1 Understanding Your Challenges

Users can select from four specific challenges that women service members and veterans face. Each page leads to another page that provides further information. These challenges are Military Sexual Assault, Balancing Service & Family, Health Career, and Career Transition.



9.1.1.1 Military Sexual Trauma

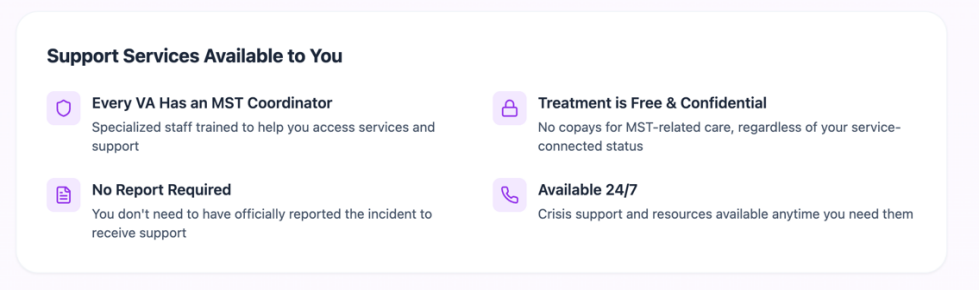
Upon entering this portal, users are first met with the emergency Veterans Affairs phone number for Military Sexual Trauma. Users can click the number and be transferred to the helpline.



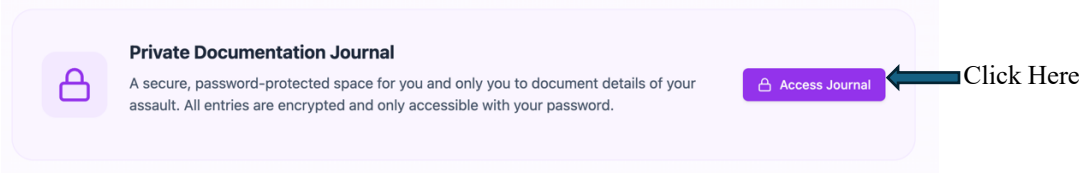
Users are provided details about restricted and unrestricted reporting options.



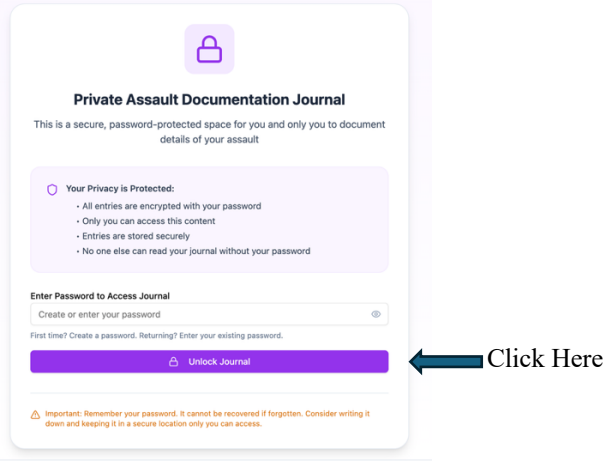
Additional knowledge is provided to help the user make the best choice for themselves.



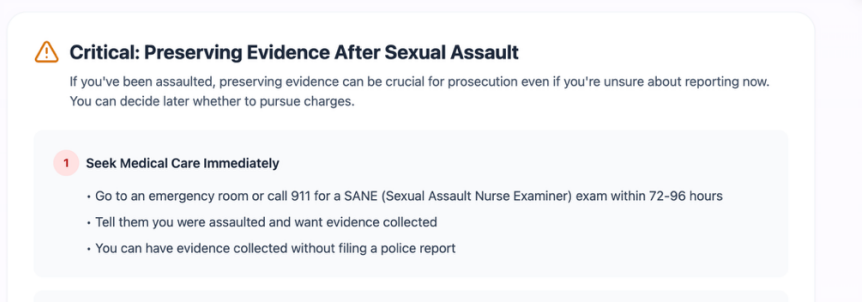
Next is the private journal embedded on this page, which is password-protected to allow victims to safely and confidentially annotate their feelings and track details of the assault. The journal is fully protected for all users, and data is stored on each user's account.
To access the private journal, users must click on “Access Journal.”



Once the user enters the Private Documentation Journal, they will be prompted to create a password to limit access to the user.



Next, users are provided tips about preserving evidence from a sexual assault, if they choose not to come forward immediately, regardless of whether they choose an unrestricted report without a Sexual Assault Nurse Examiner (SANE) exam.



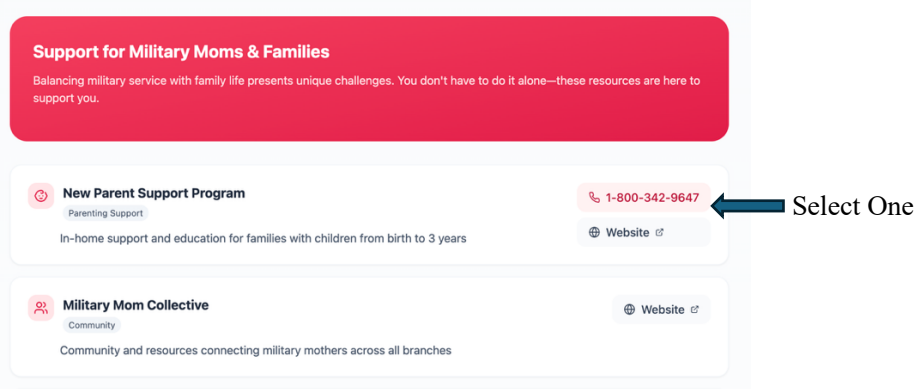
Additional resources are provided to allow the user to decide whether to engage civilian or military resources.



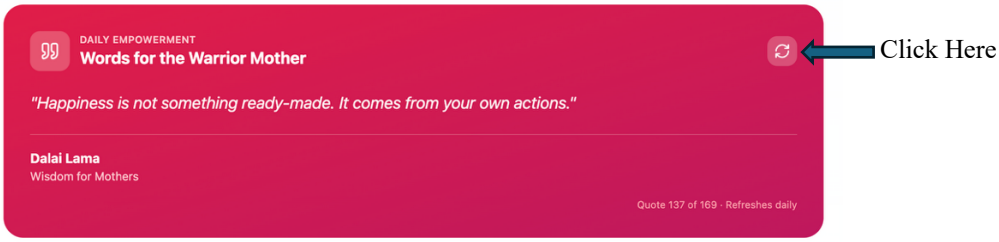
This is the end of the Military Sexual Trauma Portal. Users can return to the Women Service Members & Veterans homepage to access more information in the *Saving Lives* mobile application.

9.1.1.2 Balancing Service and Family

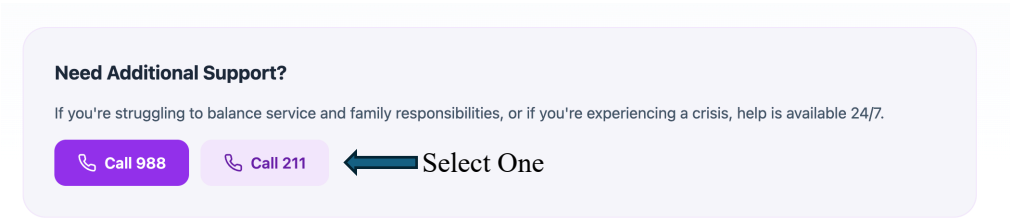
Users are immediately provided with a list of civilian and military family support resources for military mothers. Users can connect with organizations via phone or the website, choosing the option that best suits them.



The user will find Words of Empowerment from famous mothers and warriors throughout history. Users can rotate through the various quotes by selecting the rotate button.



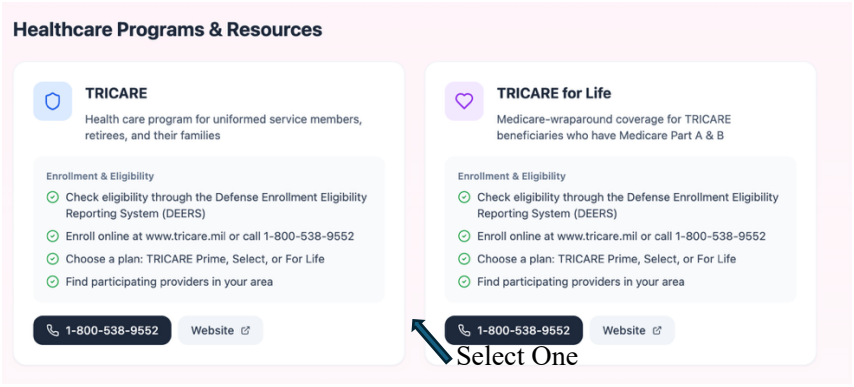
Finally, users are provided the 988 and 211 resources to engage with, if necessary. Users can click on the best resource for them.



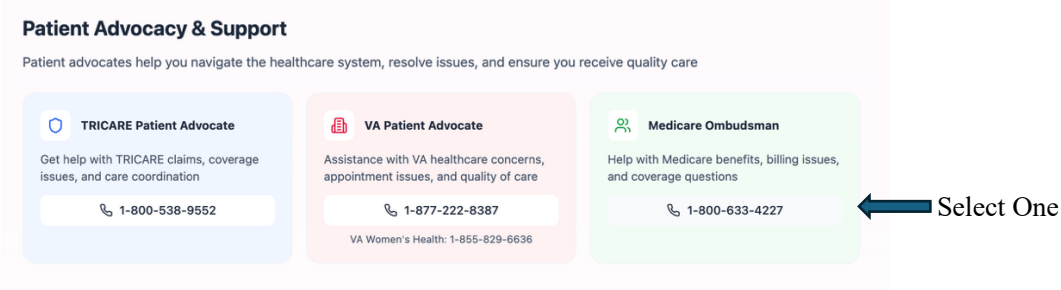
This is the end of the Balancing Service and Family Portal. Users can return to the Women Service Members & Veterans homepage to access more information in the *Saving Lives* mobile application.

9.1.1.3 Healthcare Access

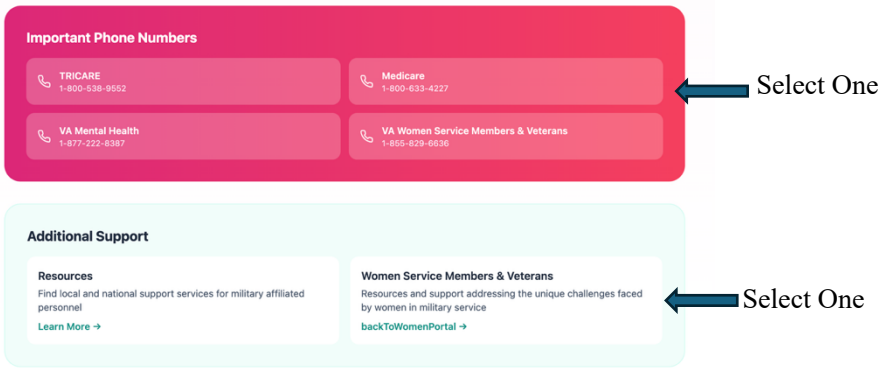
Healthcare resources are provided for users both during service and retirement. Users can contact the resources or explore their websites by selecting the option that best suits them.



Users are introduced to patient advocacy services and provided a contact number. Users can click the number to be connected to the service immediately.



Finally, users are provided with additional healthcare contact numbers. Immediately following the contact numbers. Users can be redirected to the Women's Services main page or to the resources page. Users can click on the phone number or the appropriate link of their choosing.



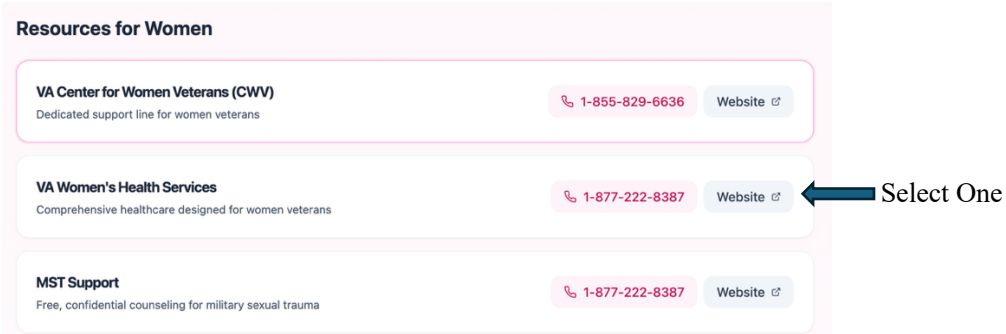
This is the end of the Healthcare Access Portal. Users can return to the Women Service Members & Veterans homepage to engage with other portals within the *Saving Lives* mobile application.

9.1.1.4 Career Transition

Users will be redirected to the employment segment in the Resources Portal.

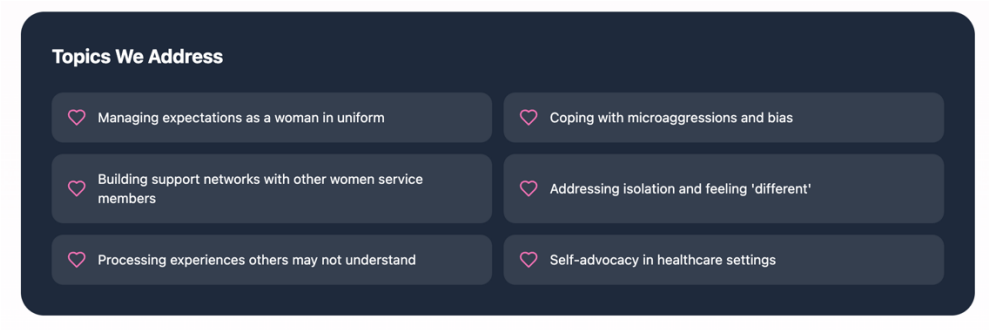
9.1.2 Resources for Women

Users can explore resources available solely to female service members and veterans, including our community partner, Warrior & Her Truth. Each resource provides a phone number and/or a webpage. Users can either call the resource or visit their website by selecting the option that best suits them.

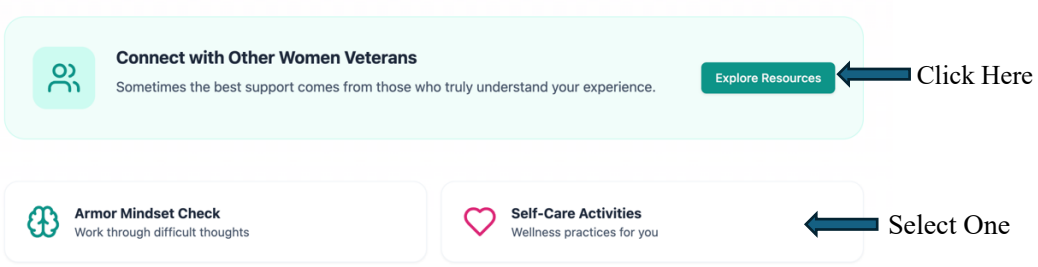


9.1.3 Additional Information

A list of topics that women service members face throughout their time in the military is provided. This is intended to convey a sense of validation and relief, knowing that their experiences are legitimate and can enhance their sense of identity and build resiliency skills.



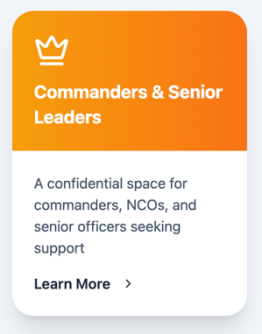
Users can find resources to connect with other female veterans or engage with the Armor Mindset Check and Self-Care Activities. Users can click the best option for them, which will take them to the appropriate webpage or portal.



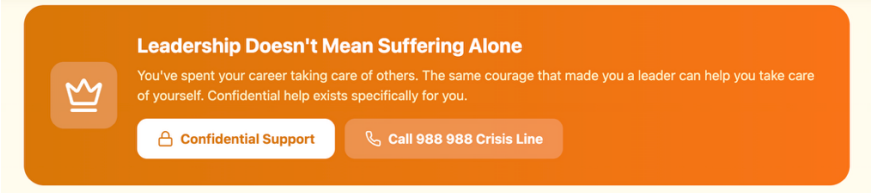
This is the end of the Women Service Members and Veterans Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

9.2 Commanders and Senior Leaders Portal

From the homepage, users can select the ‘Commanders & Senior Leaders’ portal to access helpful information for military leaders who will influence service members during their careers. The portal will appear as follows:

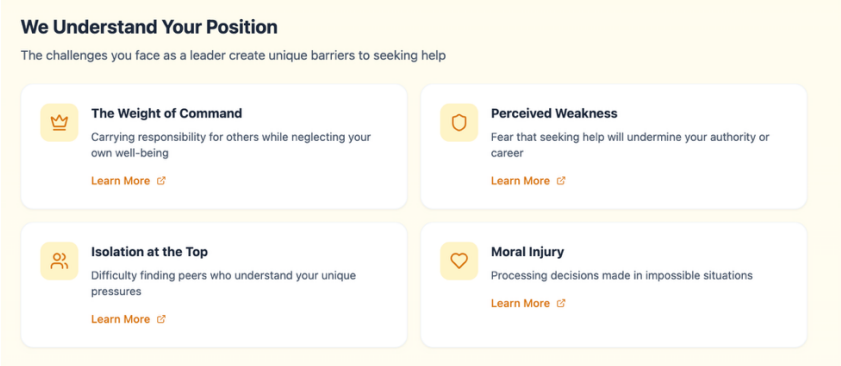


Upon opening the portal, users will find resources for the 24/7 Military OneSource Helpline, titled ‘Confidential Support,’ and the 988-crisis line for emergencies. Users can access the hotline or call the crisis line by selecting the option that best fits their needs.



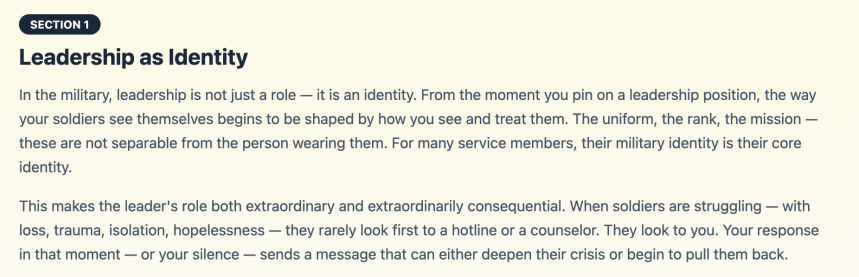
9.2.1 Understanding Your Challenges

Users can select from four specific challenges that Commanders and Senior Leaders face. Each page leads to another page that provides further information. These challenges are The Weight of Command, Perceived Weakness, Isolation at the Top, and Moral Injury.



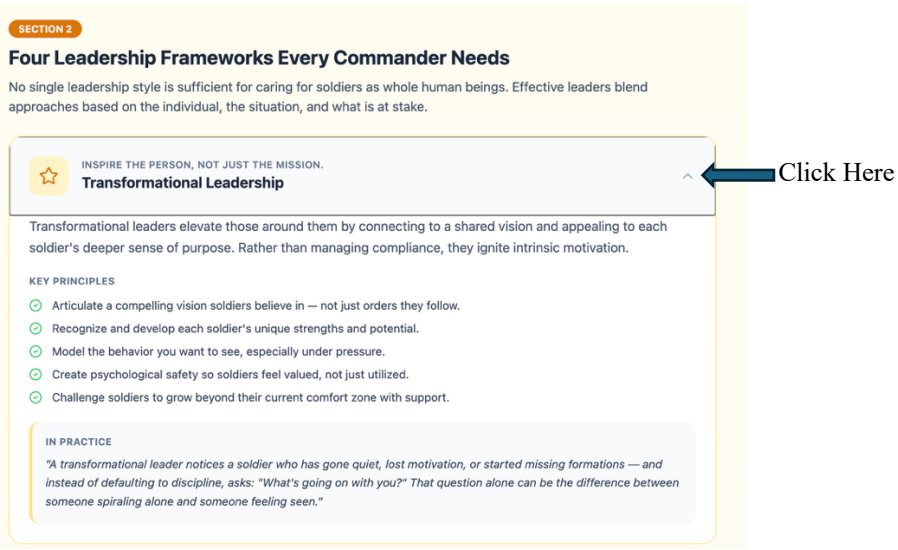
9.2.1.1 The Weight of Command

Users will be introduced to the concept of leadership not just as a form of responsibility but also as an identity and an extension of the person.

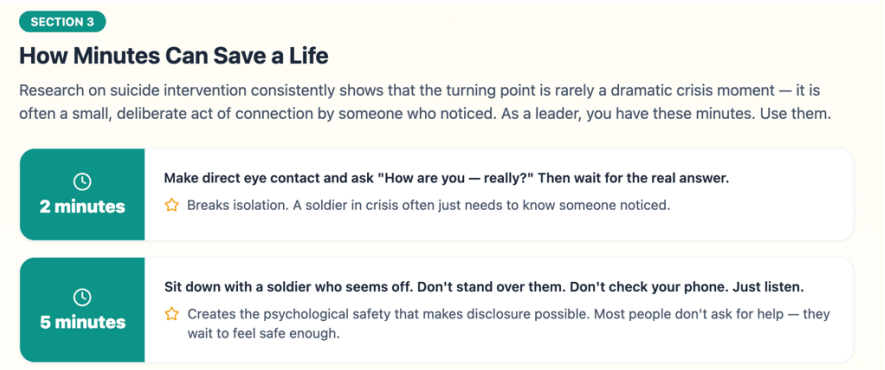


Users can learn about four critical forms of leadership: Transformation, Servant, Reality-Based, and Transparent. These leadership forms are presented to help the user understand that multiple forms of leadership are needed to serve people.

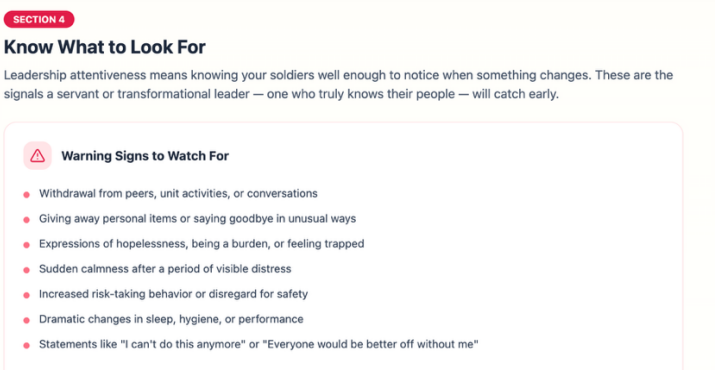
To learn more about each leadership style, the user must select the drop-down box.



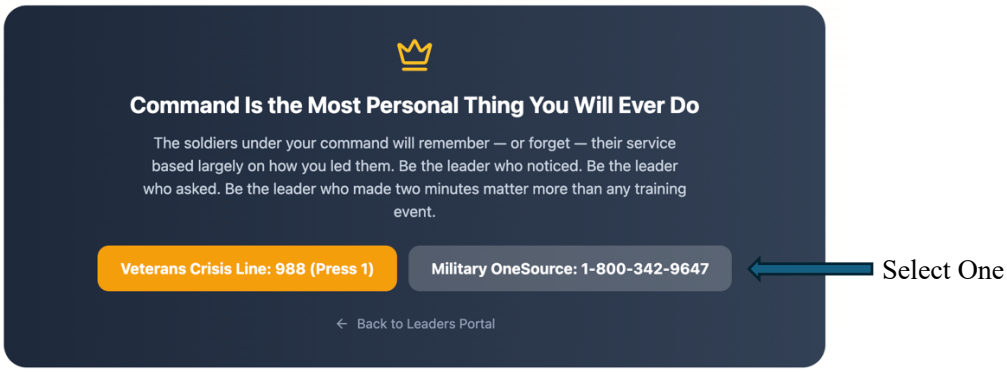
Users can learn that it only takes 15 minutes to save a person's life by deploying active social skills to express concern and care. This section walks them through implementing the steps, establishing a rapport, and following up when concerns arise.



Users can learn the importance of getting to know their staff and what warning signs to look for.



Users will receive a message regarding how taking a Commander's role will be one of the most critical positions they will ever have. Users will also have the option to call the Veterans Crisis Line or Military OneSource for assistance.



This is the end of the 'The Weight of Command' Portal. Users can return to the Commanders & Senior Leaders homepage to access more information in the *Saving Lives* mobile application.

9.2.1.2 Perceived Weakness

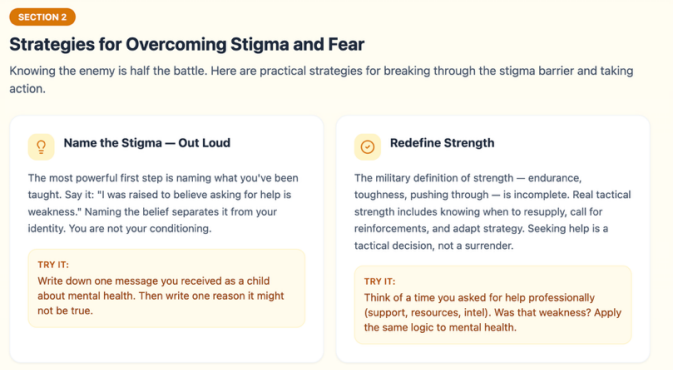
Users can learn about how stigma (internalized, military culture, and external civilian pressures) can impact help-seeking behaviors.

To learn more about each stigma type, the user must select the drop-down box.

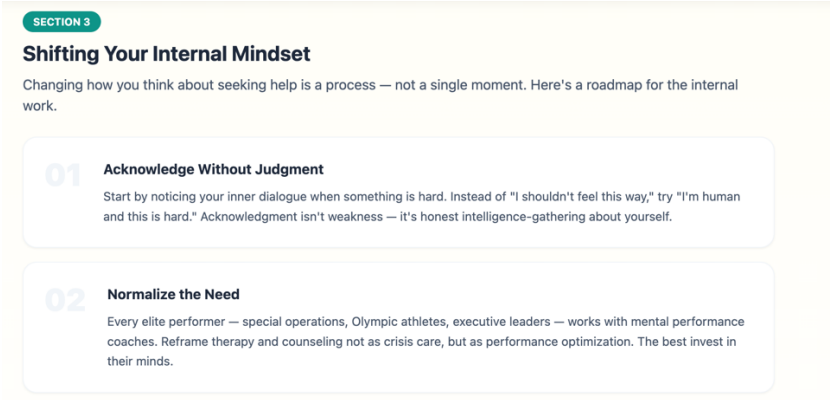


Click Here

Users learn that help-seeking behaviors are for everyone and are provided with strategies to overcome the fear of admitting they need help.

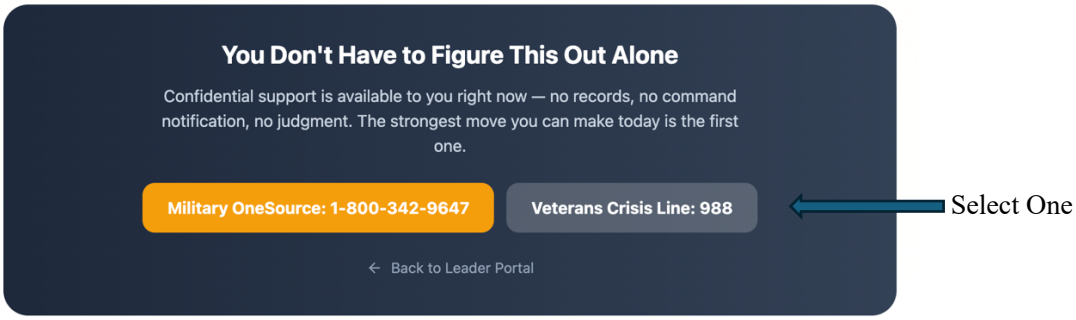


Users can learn tips for shifting their mindset about wanting and needing help.



Users are presented with a message that they are not left to struggle with their issues by themselves. They are encouraged to seek help and contact either Military OneSource or the Veterans Crisis Line.

Users can contact the helplines by selecting either button to be automatically connected with the service.



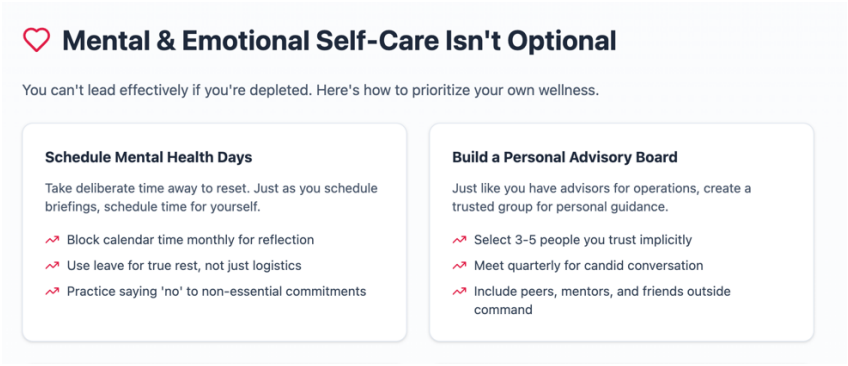
This is the end of the Perceived Weakness Portal. Users can return to the Commanders & Senior Leaders homepage to access more information in the *Saving Lives* mobile application.

9.2.1.3 Isolation at the Top

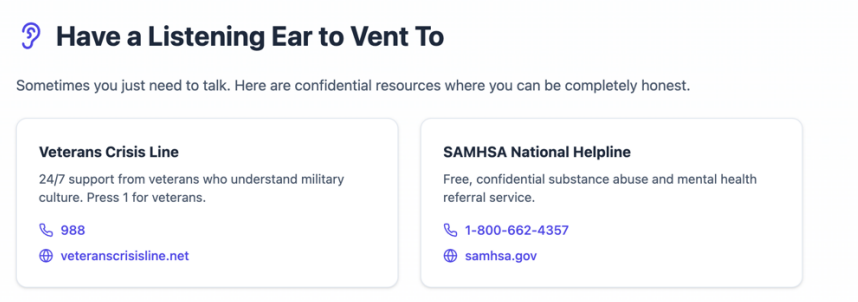
Users will find mentor & peer support services. To access the agency's webpage, users can click the agency's website hyperlink to be taken directly to the page.



Users are encouraged to practice self-care and are provided tips for doing so.



Users are encouraged to seek help by recruiting resources that provide active listening support.



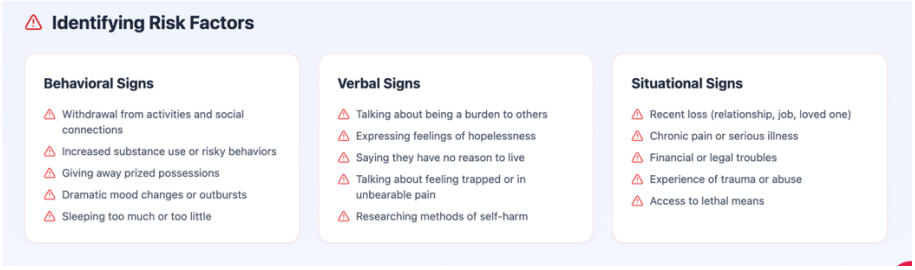
Users are given an encouraging message that they cannot operate in isolation and need support, just like everyone else.



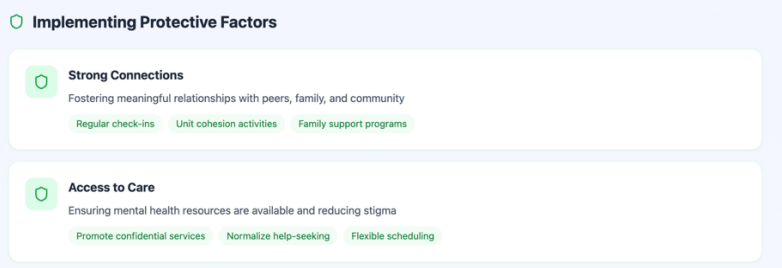
This is the end of the Isolation at the Top Portal. Users can return to the Commanders & Senior Leaders homepage to access more information in the *Saving Lives* mobile application.

9.2.1.4 Moral Injury

Users are given guidance on how to recognize suicidal ideation within their service members to refer them to the proper resources.

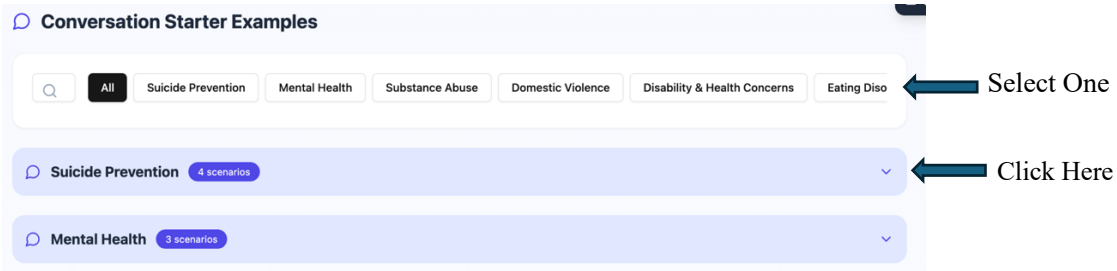


Users are given recommendations on how to ensure service members are supported with the proper resources, as part of implementing protective factors.



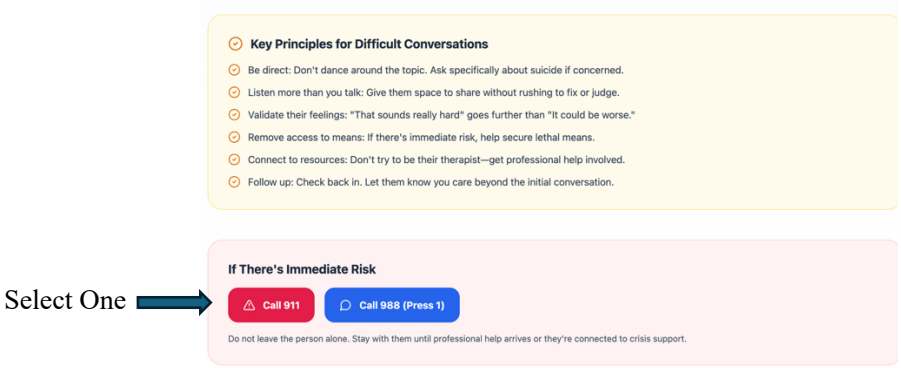
Users are provided conversation start examples to help them guide discussions with people who are struggling with mental health and substance abuse.

To review discussion scenarios, users can select a topic or click the dropdown button.



Users are informed that having difficult conversations can be challenging; however, guidance is provided to help navigate them more easily.

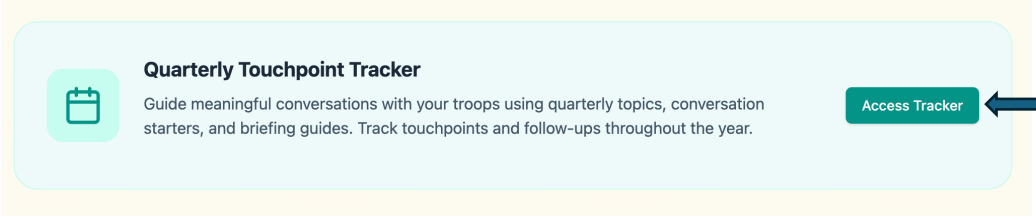
For immediate assistance, users are directed to call emergency services or the Suicide Helpline. Users can select the best option by clicking on the button.



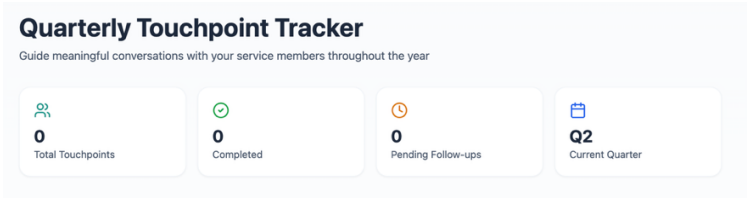
This is the end of the Moral Injury Portal. Users can return to the Commanders & Senior Leaders homepage to access more information in the *Saving Lives* mobile application.

9.2.2 Quarterly Touchpoint Tracker

Users can document the quarterly mental health training and conversation touchpoint with their unit. To access the Touchpoint Tracker, the user must click on the ‘Access Tracker’ button.



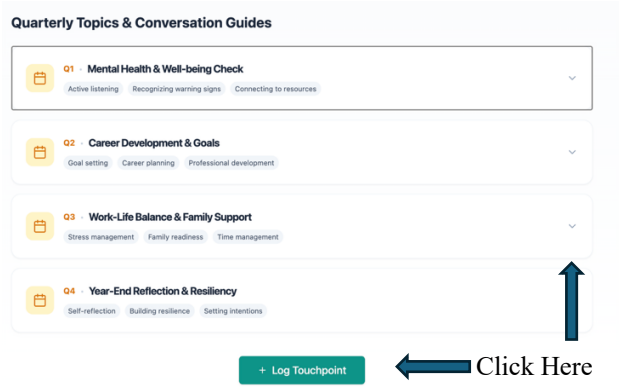
Upon entering the ‘Quarterly Touchpoint Tracker,’ users will see the dashboard that tracks how many touchpoints have been conducted over time and how many pending follow-up sessions or discussions are needed after the initial touchpoint.

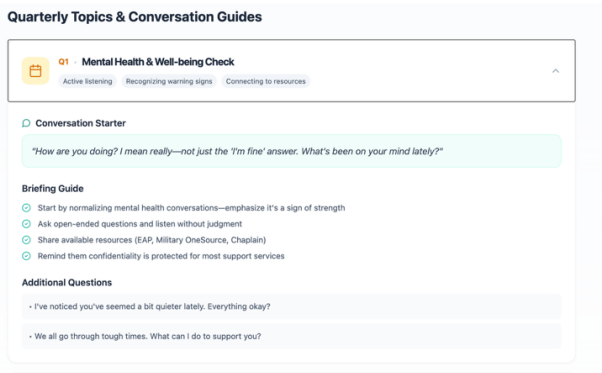


Users are provided conversation guides for each quarter to ensure different touchpoints are being conducted while allowing each quarter to compound growth and development within the suicide prevention and mental health arena.

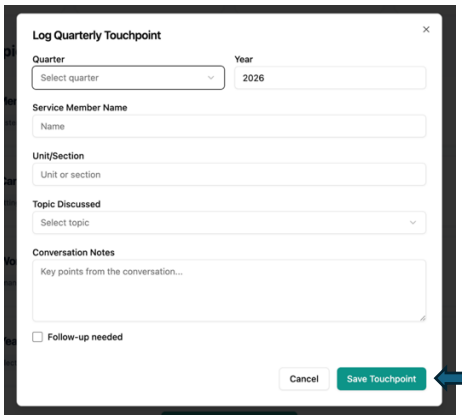
To learn more about each quarter’s discussion guidance, users can click on the quarter’s dropdown button to view additional guidance.

To track each touchpoint, users must select the ‘Log Touchpoint’ button.



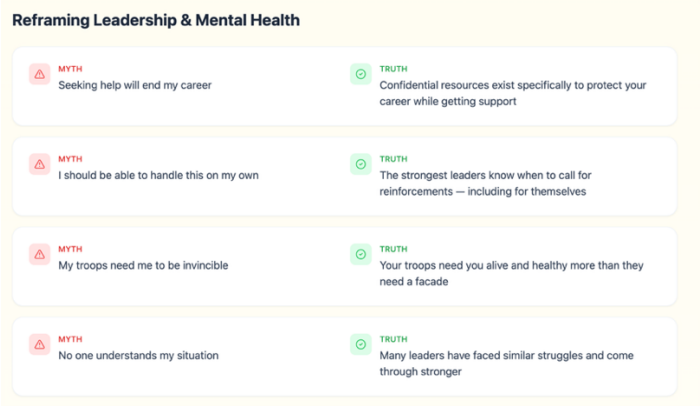


Users can track the quarter, year, unit, topic, and any conversation notes in which the touchpoint occurred. There is an option to enter a specific service member and indicate whether a follow-up is needed. This information will remain private and will be viewable only by the user if they have an account. To save or cancel a touchpoint, the user must select an option after entering the information.



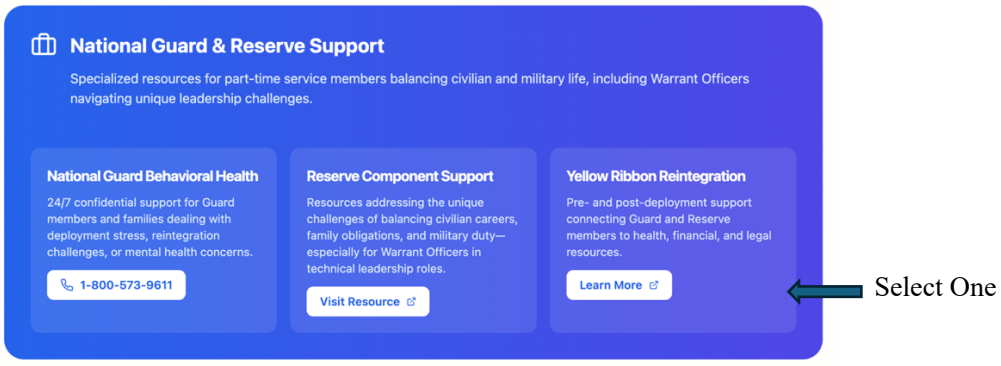
9.2.3 Leadership and Mental Health Myth Debunkers

Users are given tips on reframing their thoughts about mental health and help-seeking behaviors, focusing on what a leader is and how to respond to it, both within themselves and within their service members.



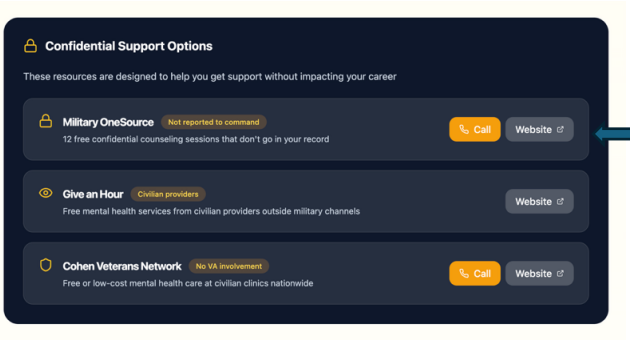
9.2.4 National Guard and Reserve Resources

Users can find specific information for National Guard and Reserve Components support. To access the support, users can select the button and be redirected to the source directly.

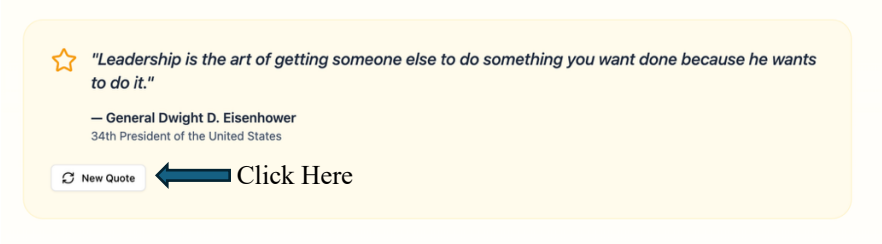


9.2.5 Confidential Support & Motivational Quotes

Users are provided with military and civilian resources. By selecting the call or website button, users will be redirected to the resource immediately.



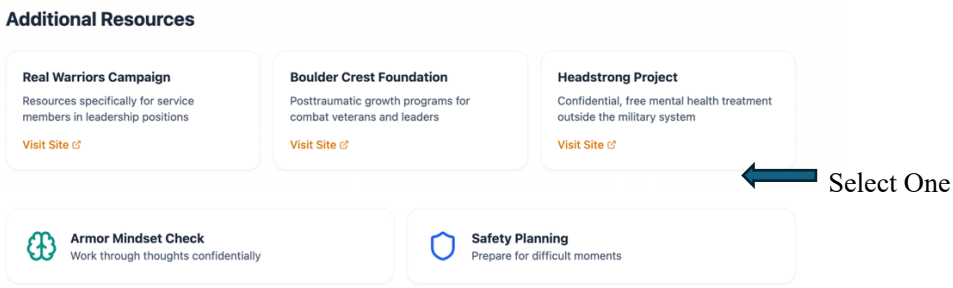
Users can review motivational quotes from historical leaders. To view new quotes, users must select the ‘New Quote’ button.



9.2.6 Additional Resources

Users are provided with additional resources from military leaders. To explore the resource, users can select each resource website link.

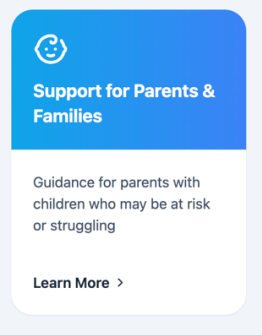
Additionally, users are encouraged to explore the Armor Mindset Check and Safety Planning portal.



This is the end of the Commanders & Senior Leaders Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

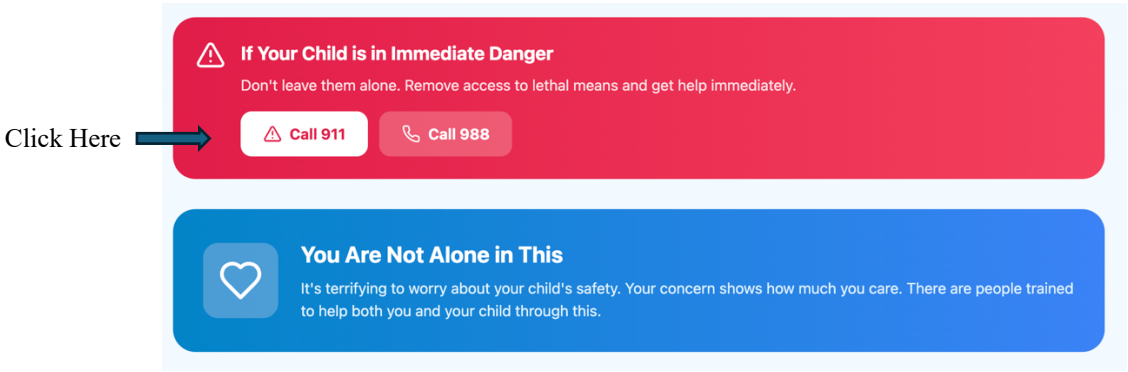
9.3 Support for Parents and Families Portal

From the homepage, users can select the ‘Support for Parents and Families’ portal to access helpful information that is directed to military parents who may have a child contemplating suicide and/or suffering from mental health concerns. The portal will appear as follows:



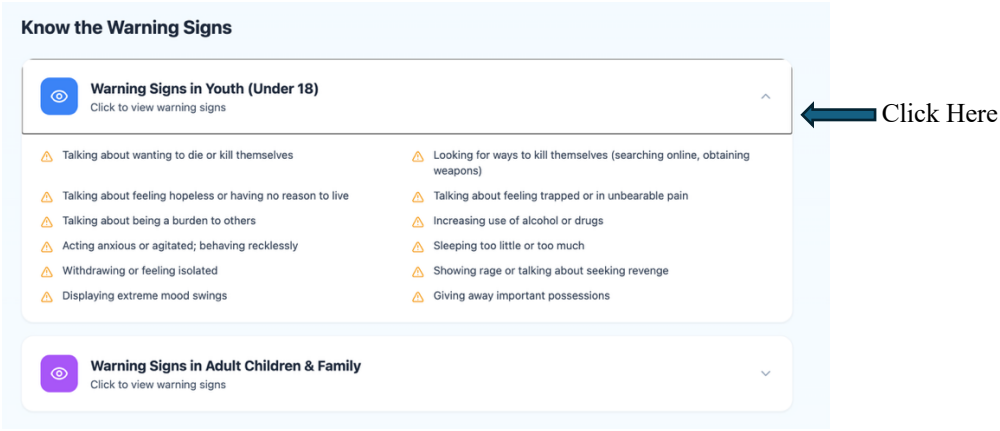
Upon opening the portal, users will be encouraged to call emergency services and the National Suicide Helpline for help with any child who is in immediate danger. Users can access the hotline or call the crisis line by selecting the option that best fits their needs.

Additionally, there is an encouraging statement to inform the user that they are not alone in coping with having a child who suffers from mental health, substance abuse, and suicidal ideation.



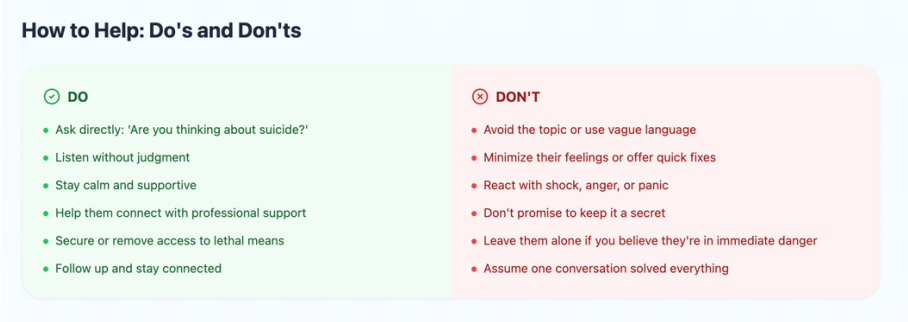
9.3.1 Recognizing Warning Signs in Adolescents and Adult Children

Users will find information on recognizing warning signs in adolescents and adult children. To access detailed information, users will need to select the drop-down box.



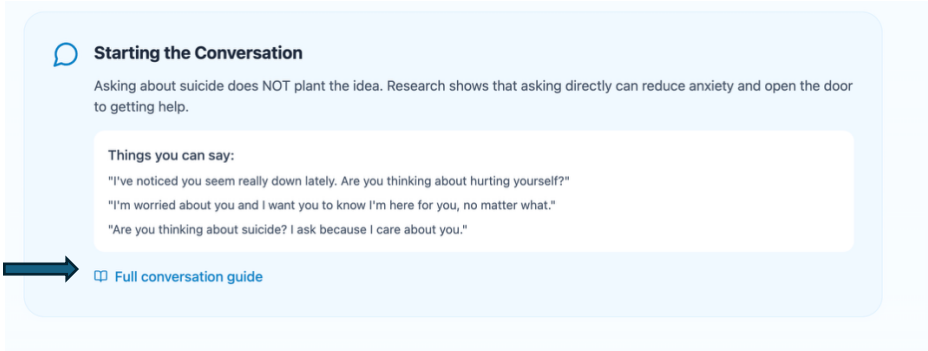
9.3.2 How to Help: Do's and Don'ts

Guidance on how to help their adolescents who may be struggling is provided. Recommendations on what to do and what not to do are given.

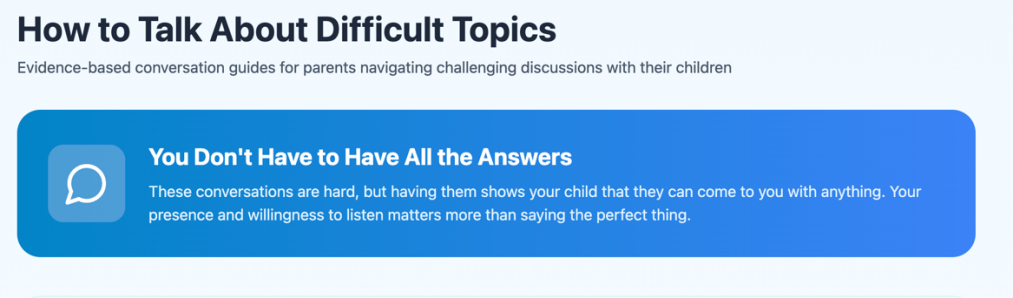


9.3.3 Starting the Conversation

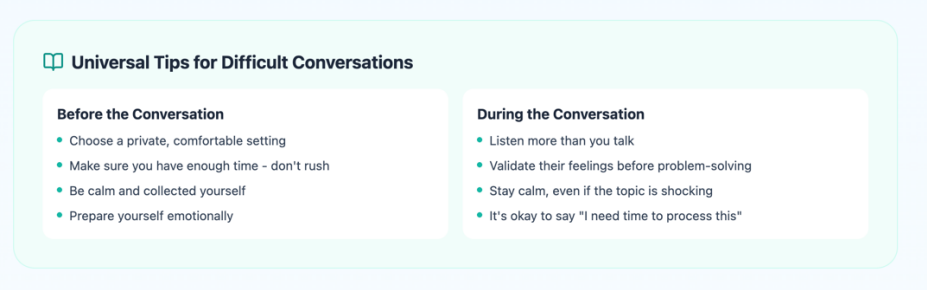
Users are given options on how to begin having difficult conversations with their child. Sample conversation starts are presented first, and if the user wishes to engage further, they can select the 'Full Conversation Guide' to learn more.



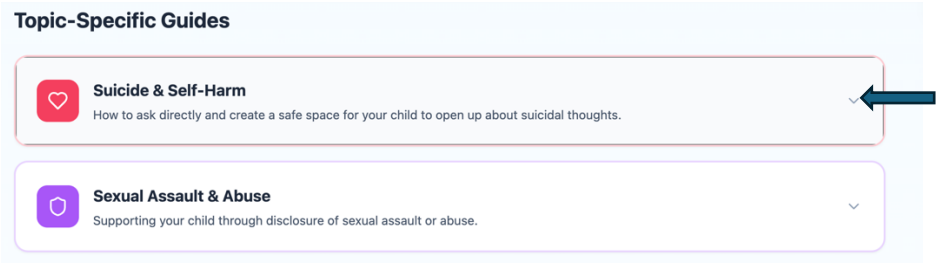
Upon selecting the 'Full Conversation Guide,' users will be taken to the 'How to Talk About Difficult Topics' page.

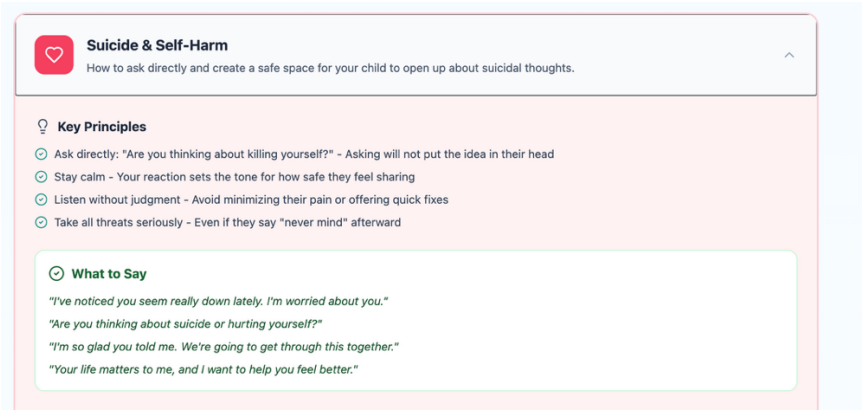


Users can review recommendations on how to prepare for the difficult conversation and what to do during it to make it easier and more enjoyable for all parties involved.

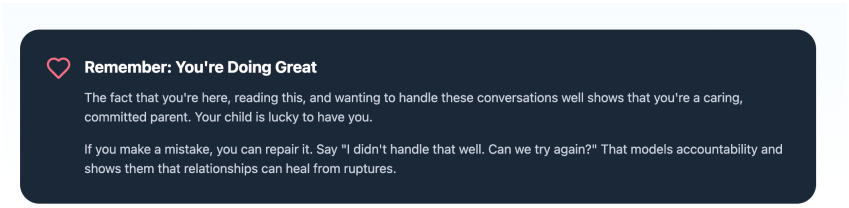


Conversation guidance is given for specific conversations such as suicide and self-harm, sexual assault, teen dating violence, sexual orientation, substance abuse, grief, and gambling. To view detailed information for each topic, users must select the drop-down option under each subject headline.





A quick message reminds the user that they are doing the best they can and that engaging with the app and seeking guidance shows they are doing a good job, despite all the self-doubt.

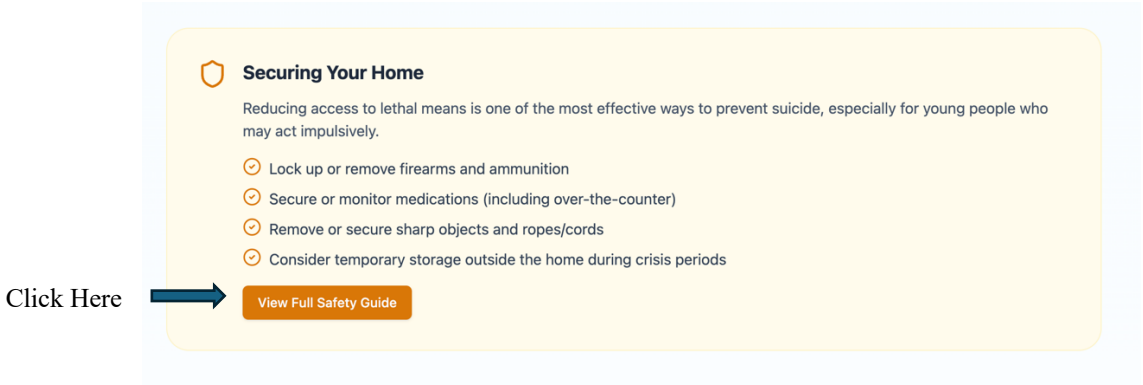


This is the end of the How to Talk About Difficult Topics Portal. Users can return to the Parents & Family homepage to access more information in the *Saving Lives* mobile application.

9.3.4 Securing Your Home

Users are provided recommendations for securing their home when the fear of their child hurting themselves or others is prevalent.

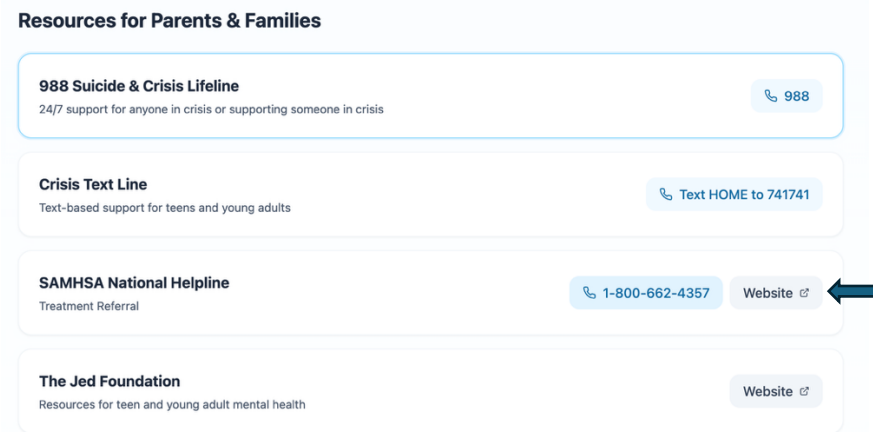
Users are redirected to the Safety Planning portal when they select the 'View Full Safety Guide' button to learn more about safety planning and develop an active plan.



9.3.5 Resources for Parents & Families

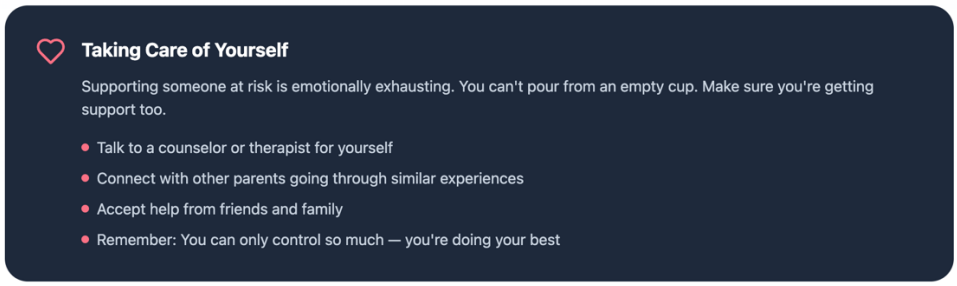
Resources for parents only are provided on how to seek assistance for children who may be suffering.

To access the resource, users can select the website or phone number corresponding to the resource to be instantly connected.



9.3.6 Resources for Parents & Families

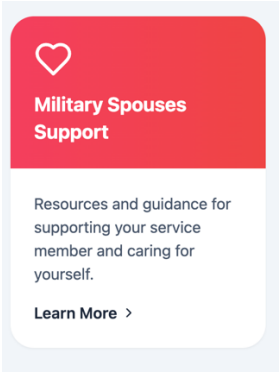
Users are reminded to implement self-care strategies for themselves as a parent. Recommendations are provided on strategies to



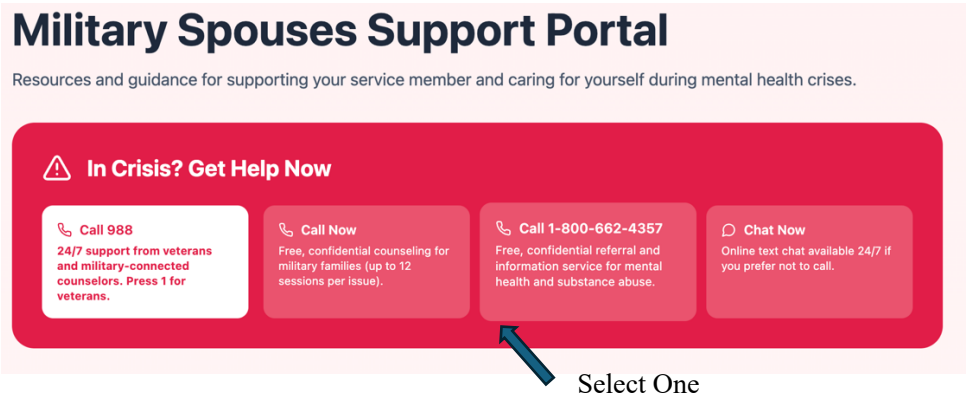
This is the end of the Parents & Families Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

9.4 Military Spouses Support Portal

From the homepage, users can select the ‘Military Spouses Support’ portal to access helpful information that is geared toward military spouses. The portal will appear as follows:

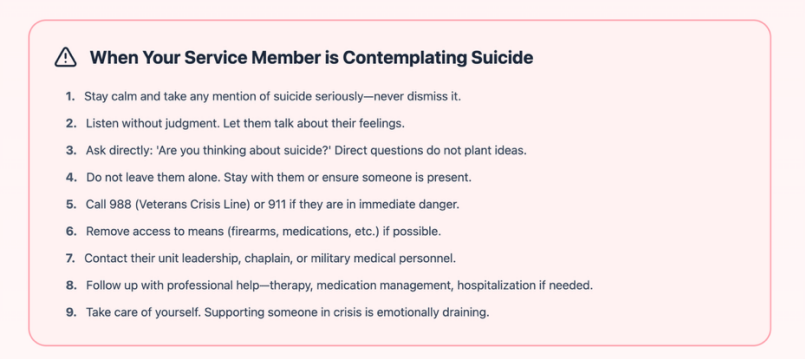


Upon opening the portal, users will be encouraged to call or text emergency services for help if a child is in immediate danger.



9.4.1Your Service Member is Contemplating Suicide

Users can learn quick and easy steps on how to assist their beloved service member who may be contemplating suicide.



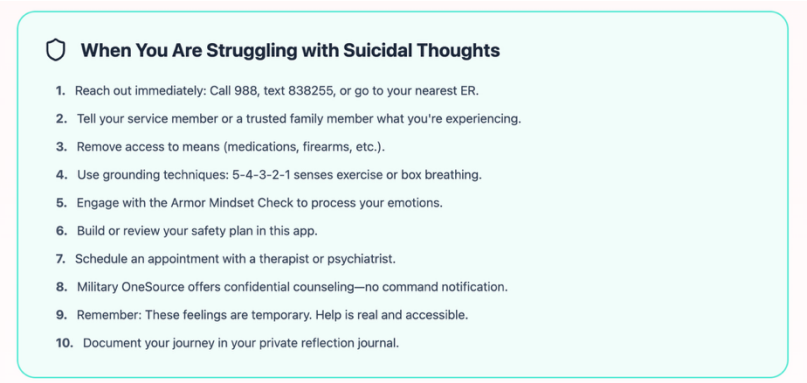
9.4.2 After Suicide Loss: Supporting Yourself and Your Family

Users can learn quick and easy steps on how to better help themselves and their family after losing their beloved service member to suicide.



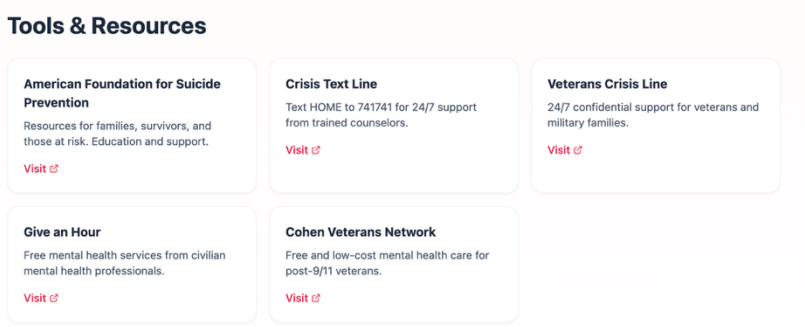
9.4.3 Know You Are Struggling with Suicidal Thoughts

Users can learn quick and easy steps on how to seek help and assistance, if they too find themselves contemplating suicide.

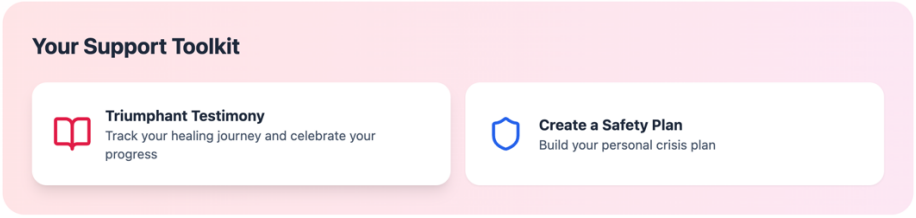


9.4.4 Support Tools

Users are provided with references that help support military spouses who have lost a family member to suicide. Access to the resource can be completed by clicking the ‘visit’ button, which instantly connects the user to the website or text option.



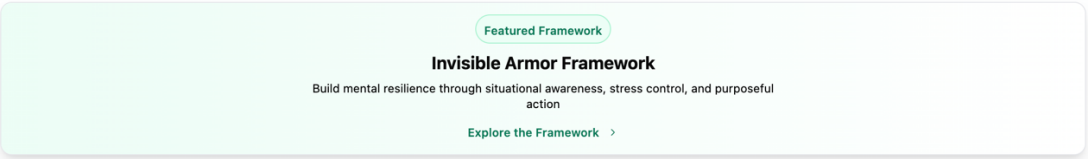
Additionally, recommendations are made to connect with other features within the Saving Lives application, such as engaging with the Triumphant Testimony Portal and creating a Safety Plan.



This is the end of the Military Spouses Support Portal. Users can return to the Homepage to engage with other portals within the *Saving Lives* mobile application.

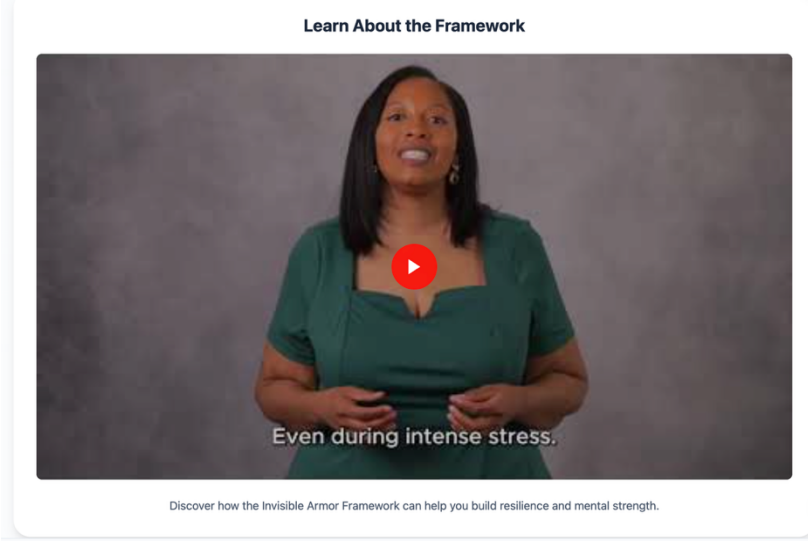
Portal 8: Invisible Armor Framework

From the homepage, users can select the 'Invisible Armor Framework' portal to learn more about the application's framework, developed to help the military community understand the 6 steps that allow users to take an active role in suicide prevention. The portal will appear as follows:



10.1 Framework Overview Video

Users are presented with a video that explains the prevention model and how each shield is linked to a relevant section of the app.



10.2 Six Shields and App Navigation Links

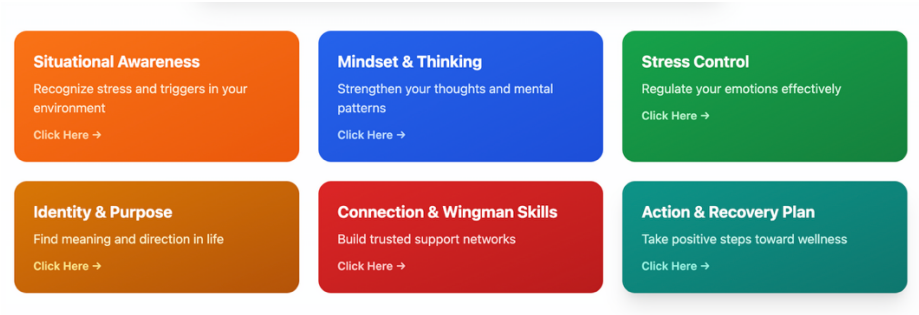
Users are presented with a graphic of the Invisible Armor Framework Shield.



Users can associate each shield with a portal by selecting the shield, which takes them to the portal associated with the services it references. The following shields will direct the user to the following portals:

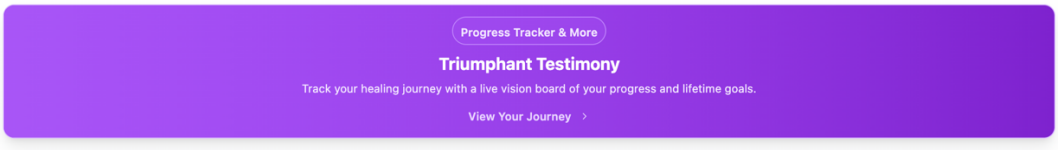
- Situational Awareness → Safety Planning
- Mindset & Thinking → Armor Mindset Check
- Stress Control → Self-Care
- Identify & Purpose → Armor Mindset Check
- Connection & Wingman → Becoming a Community Gatekeeper
- Action & Recovery Plan → Armor Mindset Check

Users can be taken to the portals by selecting the ‘Click Here’ for each shield.



10.3 Triumphant Testimony Portal

From the Invisible Armor Framework main portal page, users can select the ‘Triumphant Testimony’ portal to learn more about the postvention model that was developed as a continuous guide to help users after intervention services have been sought and they are on their recovery path. The portal will appear as follows:



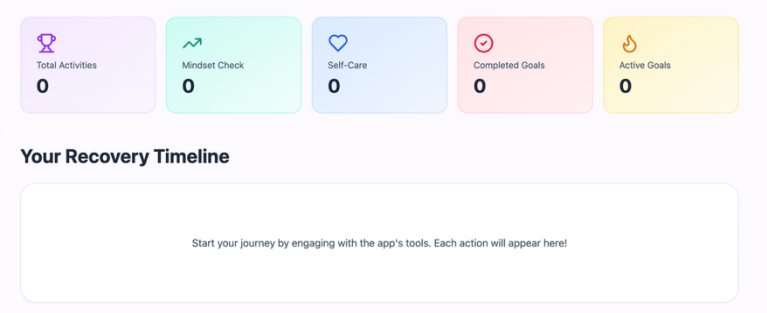
10.3.1 Model Overview Video

Users are presented with a video that explains the postvention model: recovery is a continuous lifetime goal, but with dedicated work, a person moves from a survivor to a conqueror, able to help others by sharing their journey.



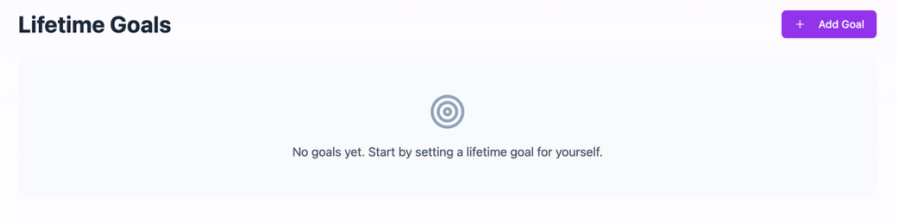
10.3.2 Real-Time Engagement Tracking

Users who have created an account will be able to view a real-time dashboard that tracks their overall engagement within the Saving Lives *application. This will help them see the real-time process throughout their journey and in their use of the application.*



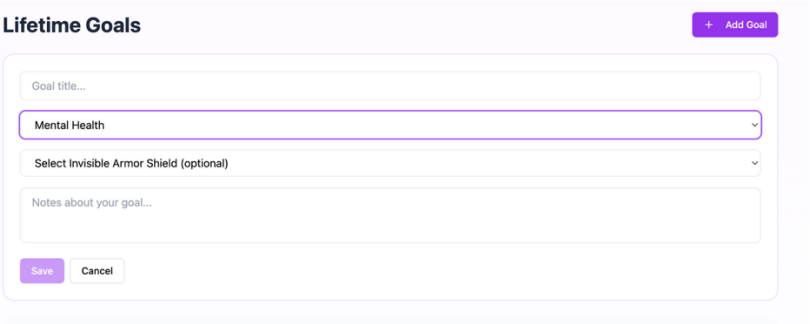
10.3.3 Lifetime Goal Recording and Accomplishment Log

Users can set Lifetime Goals that align with major environments expected in military life. To create a goal, users must select the ‘Add Goal’ button.



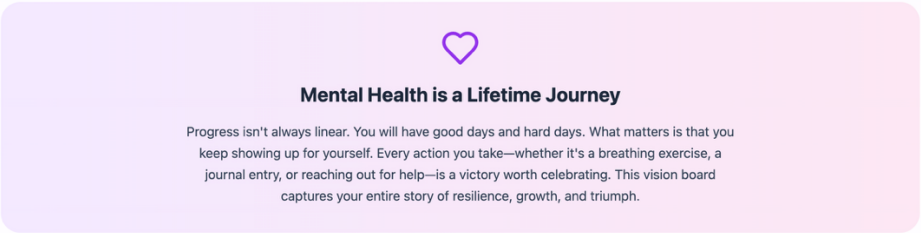
Users can determine which major life category the goal is associated with in the military lifestyle and which Invisible Armor Shield it is associated with.

Once created, users must select ‘Save’ for the application to capture the goal. Users can annotate when the goal is accomplished, and the application will show how many days it took to achieve it.



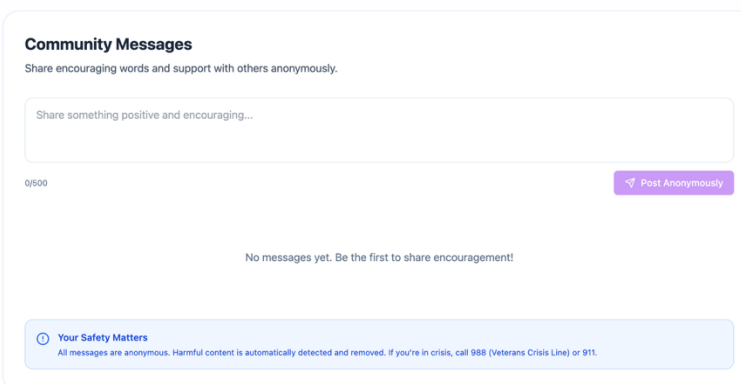
10.3.4 Mental Health is a Lifetime Journey

Users will receive a positive reminder that their mental health is a continuous process they need to work on actively.



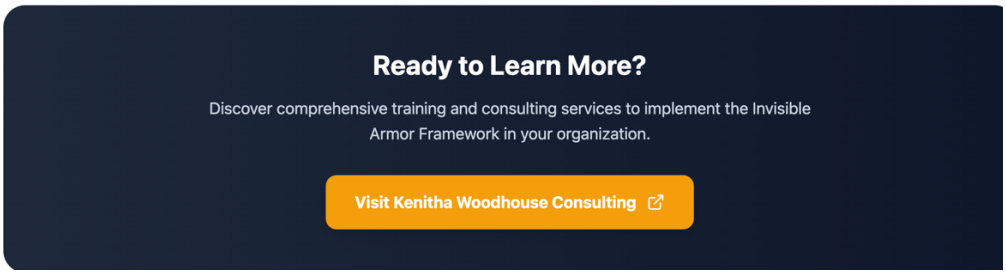
10.3.5 Community Message Board

Users can engage with one another by leaving positive messages on the Community Message Board. All posts are anonymous and are being monitored in the backend by the developer to ensure a safe environment for all users.



10.4 Learn More

Users can connect to the developer's business webpage to learn more about the business and the Invisible Armor Framework, and to access additional service opportunities.



Appendix A

Glossary of Key Terms

ACEs (Adverse Childhood Experiences): Potentially traumatic experiences occurring before age 18, such as abuse, neglect, household dysfunction, or exposure to violence, which may increase vulnerability to later mental health challenges.

BCEs (Beneficial Childhood Experiences): Positive experiences during childhood that promote resilience, emotional security, and healthy development.

Armor Mindset Check: A structured self-reflection tool within the Saving Lives application designed to help users identify unhelpful thinking patterns, challenge negative assumptions, and practice healthier coping strategies.

Attachment Theory: A psychological framework explaining how early relationships with caregivers influence emotional regulation, trust, and interpersonal functioning throughout life.

Christian Worldview: An approach informed by biblical principles emphasizing human dignity, hope, compassion, redemption, and the intrinsic value of every person.

Crisis: A situation in which an individual feels overwhelmed by emotional distress and is unable to cope, potentially resulting in increased suicide risk.

Cultural Humility: An ongoing process of self-reflection and openness that acknowledges the importance of understanding and respecting the lived experiences of others.

Firearm Safety: Strategies designed to reduce suicide risk through secure firearm storage, temporary transfer options, and limiting access during periods of elevated distress.

Gatekeeper: A person trained to recognize warning signs of suicide, engage in supportive conversations, and facilitate connections to appropriate resources.

Help-Seeking: The act of reaching out to formal or informal support systems for emotional, psychological, or practical assistance.

Invisible Armor Framework: The proprietary conceptual framework underlying the Saving Lives initiative, emphasizing resilience-building, prevention, connection, and empowerment through six protective domains.

Lethal Means Safety: An evidence-informed approach aimed at reducing access to highly lethal methods of suicide during periods of crisis.

Moral Injury: Psychological, emotional, spiritual, or social distress that arises from actions, or the lack of them, that violate an individual's deeply held moral beliefs.

Person-in-Environment Perspective: A social work framework recognizing that individual experiences are shaped by interactions among biological, psychological, social, cultural, and environmental influences.

Protective Factors: Characteristics, relationships, skills, or resources that decrease the likelihood of suicide and enhance resilience.

Resilience: The ability to adapt positively and recover from adversity, stress, trauma, or significant life challenges.

Safety Plan: A personalized, practical plan developed during periods of stability that outlines warning signs, coping strategies, supportive contacts, professional resources, and methods for reducing access to lethal means.

Service Member-to-Veteran Continuum: Recognition that military experiences influence individuals across the lifespan and that prevention efforts should span active service through post-military transition.

Social Learning Theory: A theory proposing that behaviors, attitudes, and coping patterns are learned through observation, modeling, reinforcement, and social interaction.

Stigma: Negative beliefs or attitudes that discourage individuals from acknowledging distress or seeking support.

Suicidal Ideation: Thoughts about ending one's life range from passive wishes not to wake up to active planning for suicide.

Suicide Prevention: Efforts aimed at reducing suicide risk through awareness, education, skill development, early intervention, and connection to support systems.

Veterans Crisis Line: A confidential, 24/7 crisis service available by calling or texting 988 and pressing 1.

Appendix B

Crisis Contact Quick Reference Card

This is a standalone, at-a-glance page that a reader can locate immediately without having to search the document. Kenitha Woodhouse Consulting, LLC, centers on users' safety at every level. Please use the following resources in case of an emergency and to see further intervention services when appropriate:

Immediate Danger

911

- Use when someone is in immediate danger or has made a suicide attempt.

Military and Veteran Crisis Support

Veterans Crisis Line

- Call: **988 then Press 1**
- Text: **838255**
- Chat: veteranscrisisline.net

Available 24 hours a day, 7 days a week, for veterans, service members, National Guard, Reserve personnel, and their families.

Community Resources

211

- Call **211**
- Connects individuals with local resources for housing, food assistance, financial support, and counseling services.

Warrior & Her Truth

- Community partner resource for women veterans
-

Military OneSource

- Call: **800-342-9647**
- Website: militaryonesource.mil

Provides confidential non-medical counseling and support for service members and families.

Chaplain Services

Unit or Installation Chaplain

- Available regardless of religious affiliation.
- Offers confidential counseling and emotional support.

VA Resources

- VA Mental Health Services: 1-800-827-1000
- Make the Connection: MakeTheConnection.net

Behavioral Health Clinic

Installation Behavioral Health Clinic

Space should be provided for users to write:

- Installation Name: _____
- Clinic Phone Number: _____
- After-Hours Number: _____

Personal Support Network

Trusted Contacts

Person 1: _____

Phone: _____

Person 2: _____

Phone: _____

Person 3: _____

Phone: _____

Safety Reminder

If you are concerned about your immediate safety, move to a safe location, remove access to lethal means when possible, and contact emergency services or a trusted support person immediately.

This reference card may be reproduced and distributed independently for installation programming, family readiness groups, and community partner use.

Appendix C

References and Evidence Base

Theoretical Foundations

Social Learning Theory (Bandura)
Attachment Theory (Bowlby)
Person-in-Environment Perspective
Invisible Armor Framework
Christian worldview integration

Military Suicide Prevention Evidence-Based

The accompanying comprehensive paper that supported the establishment of the *Saving Lives* mobile application and the Invisible Armor Framework identified several interventions and themes that informed the application's development.

Leadership Engagement: Evidence suggests that command climate significantly influences help-seeking behavior.

Gatekeeper Training: Programs designed to improve recognition of warning signs and confidence in intervention.

Examples include:

- Wingman-Connect
- Chaplains-CARE

Brief Interventions: Short-term interventions focused on immediate risk reduction.

Examples include:

- Crisis Response Planning (CRP)
- Problem-Solving Therapy (PST)
- Problem-Solving Education–Primary Care (PE-PC)

Lethal Means Safety: Evidence supports counseling and education focused on reducing access to highly lethal methods during periods of elevated risk.

Examples include:

- Project Safe Guard

Social Support: Strong social support networks are associated with lower rates of suicidal ideation, planning, attempts, and suicide deaths.

Appendix D

Warning Signs and Protective Factors

Warning Signs

- Talking about wanting to die
- Feeling hopeless or trapped
- Withdrawing from others
- Increased alcohol or substance use
- Giving away possessions
- Extreme mood changes
- Sleeping too much or too little
- Increased agitation or recklessness

Protective Factors

- Strong family and peer support
- Positive coping skills
- Spiritual or faith connections
- Sense of purpose and meaning
- Access to quality healthcare
- Problem-solving abilities
- Stable housing and employment
- Reduced access to lethal means



Kenitha Woodhouse, DWS-C, MSW, MA
Army Community Service Program Analyst
Doctor of Social Work Candidate | California Baptist University

Professional Summary

Kenitha Woodhouse is a Doctor of Social Work candidate at California Baptist University, where her doctoral work centers on military suicide prevention and culturally responsive interventions for service members and their families. She holds a Bachelor of Arts in Sociology, a Master of Social Work, and a Master of Arts in Urban Affairs and is a member of Phi Alpha Honor Society. With over 15 years of progressive federal service within the Department of Defense, Ms. Woodhouse has held leadership roles across Army, Marine Corps, and Air Force installations in the Family Advocacy Program, Exceptional Family Member Program, and Sexual Assault Response and Prevention programs. She has served as ACS Director and Retirement Services Director at Tobyhanna Army Depot, Picatinny Arsenal, and Fort Polk. Currently, she serves as a GS-14 Army Community Service Program Analyst within the Office of the Deputy Chief of Staff, G-1, at the Pentagon. Her scholarly interests include military behavioral health, suicide prevention, social innovation, and equity-centered practice. Central to her work is the Invisible Armor Framework, a proprietary six-shield model she developed to strengthen psychological resilience by strengthening mental fortitude, social connection, purpose and identity, adaptive coping, access to systemic support, and crisis preparedness. This framework anchors both social enterprises: Saving Lives of Those Who Wear Camouflage, a comprehensive suicide prevention ecosystem comprising a mobile application, an educational curriculum, and an interactive workbook, and The ISM Factor, which addresses racism, sexism, and ageism in workplace environments. Ms. Woodhouse's professional goals include completing her DSW, publishing peer-reviewed research, and scaling both initiatives nationally and internationally.