

Warren County Veterans Service Officer's Report for May 2019

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Preventing Veteran suicide begins when you are willing to Be There

Not sure where to start or what to do or say?

Year-round, VA empowers communities to take action to support our nation's Veterans. Each community across the country plays a role in supporting Veterans, but as an individual you may not know what to do or where to start.

You don't need to have special training to support the Veterans in your life, and we can all do something to help a Veteran who is going through a difficult time. Even seemingly small actions can have a huge impact: preventing suicide begins with just the willingness to **Be There**.

Showing your support can be as simple as sending a Veteran a text message — inviting someone over to catch up or sharing a positive thought are both great ways to communicate that you care.

Your words could be exactly what a Veteran in crisis needs to hear and could be a reminder of the many people out there who are willing to listen.

Here are some sample text messages:

- “Hey Tom, haven't seen you around in a while! We should grab coffee this week. How about tomorrow?”
- “Just letting you know I'm here for you if you need anything. Call me anytime!”
- “Hey Amy, hope all is well with you! Been thinking about you today. I miss you!”

When you sense that a Veteran is not doing well, your words can help. You can make a difference by just starting a conversation. Although it can seem challenging, it is important to talk about difficult feelings and experiences.

Keep in mind: asking questions about thoughts of suicide **does not** increase a person's suicide risk. Instead, an open conversation can help someone feel less alone and let others into the Veteran's experience — and feeling connected is shown to reduce suicide risk.



Memorial Day Weekend – check our website & FB page frequently for a list of events.

Glens Falls/Queensbury Memorial Day Parade – Monday, May 27th at 10am

Veterans and business participants in FAVOR (**F**ind And **A**ssist **V**eterans **O**f **R**ecord), the Warren County initiative to promote product and services discounts for Veterans and active military, are **ALL** invited to “fall in” and march behind FAVOR's Thank You For Your Service banner in the Glens Falls –Queensbury Memorial Day parade. The Warren County Veterans' Services van will be available for those unable to walk the parade route. **Call to reserve a seat: (518/761-6342).**

Warren County's Return the FAVOR program was launched in April of 2011 and now numbers **2440 Warren County Veterans/active military** and approximately **182 business participants** according to FAVOR organizers Pam Vogel, Denise DiResta and Dave Collins. More Info: 518/761-6427.

List of FAVOR business participants and online enrollment at:

<http://warrencountyny.gov/clerk/veterans.php>