

Attn: Health Care Providers Who Serve Veterans

VA's Free Online Courses Share Strategies to Help Reduce Veteran Suicide Risk

Are you a health care provider serving Veterans in your community?

If you work with Veterans, you know they can experience unique challenges, including higher rates of suicide than those who never served. Help keep Veterans safe by learning how to reduce suicide risk through two **FREE**, online, self-paced courses for health care providers.



What are lethal means?

Lethal means are objects that may be used by individuals experiencing a suicidal crisis. They can include things like firearms, medications, alcohol, opioids, other substances, ropes, cords, or sharp objects. If a Veteran is in crisis or is having thoughts of suicide, these items can become deadly if they're easily accessible.

Why take a Lethal Means Safety course?

- Nearly half of all Veterans own a firearm, and almost 70% of all Veteran suicides involve firearms.
- Suicide is preventable. Because many suicidal crises are brief, secure firearm and medication storage practices can save a life by increasing the amount of **time** and **distance** between the suicidal impulse and access to a firearm or medication. Learn the best ways to create this space and share them with Veterans.
- Providers can enhance suicide prevention efforts with all the Veterans they serve, not just those enrolled in VA benefits and health care.

Learning Objectives

Understand the importance of addressing lethal means as a part of suicide prevention

Learn how to talk about lethal means safety measures with Veterans

Demonstrate knowledge, skills, and comfort discussing lethal means safety with Veterans who are at elevated risk for suicide