

Published on *VeteransNavigator* (<https://veteransnavigator.org>)

[VA Suicide Prevention Toolkit for Caregivers](#)

Caregivers play a unique role in suicide prevention, as they are often the first to notice the signs that a Veteran may be struggling. This is why the Department of Veterans Affairs (VA) developed a resource to support caregivers in their important work, the [VA Suicide Prevention Toolkit for Caregivers](#). This toolkit includes important information about suicide prevention, as well as evidence-based mental health and substance use disorder treatments that can help Veterans recover and meet their goals. It also includes information on how caregivers can look after their own mental health and wellness.

Caregivers are the hidden heroes that guide our nation's Veterans through their journeys to healthy, fulfilling lives and help them cope with both visible and invisible injuries. Please share this resource widely to ensure that caregivers, and Veterans, are getting the information they need.

On behalf of the VA's Suicide Prevention Program & Caregiver Support Program, we are honored to support caregivers and Veterans with this resource.

If you have any questions, please don't hesitate to contact your local [Caregiver Support Coordinator](#) or call the VA Caregiver Support Line at 1-855-260-3274 to speak to a licensed social worker.

If you have concerns about a Veteran who is in crisis, you may call the Veterans Crisis Line at 1-800-273-8255 and Press 1 to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year.

Visit www.caregiver.va.gov or call us at 1-855-260-3274 to learn more about the support that is available to you and for assistance connecting with the [Caregiver Support Coordinator](#) at your local VA Medical Center.

Article Source

U.S. Department of Veterans Affairs

Source URL

<https://www.caregiver.va.gov>

Last Reviewed

Tuesday, February 1, 2022