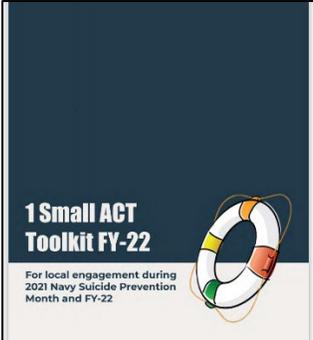


Resources and Information for Veterans, Service Members and Families, and Reservists –
compiled Aug 2021 by the NM Suicide Prevention Coalition Veterans, Active Military, Reservists workgroup led
by Valentina Livingston

Note: *These resources are intended to inform stakeholders and community members of potential resources. Inclusion does not imply endorsement by the New Mexico Department of Health.*

Print Resource:

	<p>This 32-page toolkit, Project 1 Small ACT, was developed by the U.S. Navy Suicide Prevention Program to facilitate planning for small or limited and “doable” actions that can be undertaken by individuals or groups for not only Suicide Prevention Awareness month held annually in September but also for year-round actions in support of suicide prevention with service members and families. The guide includes samples of social media messages and graphics, introduces caring connections, suicide prevention facts and key messages, best practices for safe suicide prevention messaging, and resources, including lethal means safety, all of which are applicable to suicide prevention in the general population. FY-22 1 Small ACT Toolkit FINAL.pdf (navy.mil)</p>
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Video Resources 2011-present:

[All Hands Update - Naval Medical Center San Diego Emphasizes Suicide Prevention - YouTube - 2011](#)

[1 Small ACT - Office of Naval Intelligence - YouTube - 2015](#)

[Navy Medicine's Senior Sailor: ACT Now to Prevent Suicide - 2016](#)

[Voice of Strength: Inside it was Killing Me - YouTube - 2019](#)

[Army Suicide Awareness and Prevention 2020 - YouTube - 2020](#)

[Operation Veterans Wellness 2021 SAVE Challenge - 2021](#)

Links for Suicide Prevention Resources and Information:

Internal Suicide Prevention Resources	
Organization/Agency	Link
Navy Suicide Prevention Web site	www.suicide.navy.mil hashtag: #BeThere for every sailor, every day
Navy and Marine Corps Public Health Center (NMCPHC) Suicide Prevention Resources	https://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx
Faith Communities as Suicide Prevention Partners	https://www.sprc.org/news/faith-communities-suicide-prevention-partners
Suicide Prevention Resource Center	https://www.sprc.org/news/faith-communities-suicide-prevention-partners

Getting Into Fighting Weight: A Total Force Fitness Guide: Human Performance Resources by CHAMP	https://www.hprc-online.org/total-force-fitness/fighting-weight
Creating an Inclusive Culture for Better Mental Health: Project 1 Small ACT	https://navstress.wordpress.com/2020/11/12/creating-an-inclusive-culture-for-better-mental-health/ Hash tag: #1SmallAct
App for Military Resources Available to Service Members, Families	www.defense.gov/Explore/News/Article/Article/2403468/app-for-military-resources-available-to-service
Crisis Line	www.militarycrisisline.net 1-800-273-8255 (Option 1)
Chaplain Care	https://www.navy.mil/local/chaplaincorps/
Psychological Health Center of Excellence	http://www.pdhealth.mil/resource-center/call-centers/psychological-health-resource-center
Navy Operational Stress Control	www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/osc/pages/default.aspx
Real Warriors Campaign	www.realwarriors.net
Human Performance Resource Center	www.hprc-online.org
American Foundation for Suicide Prevention	https://afsp.org/
Tragedy Assistance Program for Survivors	http://www.taps.org/
Defense Suicide Prevention Office	http://www.dspo.mil/spm
DoD Be There Peer Support Call and Outreach Center	https://theactionalliance.org/bethere Hash tag: #BeThere
Give an Hour	https://giveanhour.org
Psych Armor Institute	https://psycharmor.org
Military Health System: Total Force Fitness Suicide Prevention	https://psycharmor.org
Military Health System: Total Force Fitness Suicide Prevention:	https://www.health.mil/Military-Health-Topics/Total-Force-Fitness/Psychological-Fitness/Suicide-Prevention
Ideal Option	https://www.ideoption.com/clinics/albuquerque
Strategic Behavioral Health	https://www.strategicbh.com/
Zero Suicide	https://zerosuicide.edc.org/

Suicide Prevention Center: Online Prevention Courses	https://healthknowledge.org/course/index.php?categoryid=114
External Suicide Prevention Resources	
American Foundation for Suicide Prevention	https://afsp.org/
Tragedy Assistance Program for Survivors	http://www.taps.org/
Defense Suicide Prevention Office	http://www.dspo.mil/spm
DoD Be There Peer Support Call and Outreach Center	https://theactionalliance.org/bethere
Give an Hour	https://giveanhour.org
Psych Armor Institute	https://psycharmor.org-
Military Health System: Total Force Fitness Suicide Prevention	https://www.health.mil/Military-Health-Topics/Total-Force-Fitness/Psychological-Fitness/Suicide-Prevention
Ideal Option	https://www.idealoption.com/clinics/albuquerque
Strategic Behavioral Health	https://www.strategicbh.com/
Zero Suicide	https://zerosuicide.edc.org/
Suicide Prevention Center: Online Prevention Courses	https://healthknowledge.org/course/index.php?categoryid=114