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“The greatest moment I ever had was when a Marine approached me after a talk and told me, 'I was going to kill myself today, but I came here on a whim. Please walk me to help.'”

-Kevin Hines

[www.kevinhinesstory.com](http://www.kevinhinesstory.com)



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## Help Is Here

### Veterans Crisis Line

Phone: 1-800-273-8255 Press 1

Text: 838255

Chat: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### Make The Connection

[www.maketheconnection.net](http://www.maketheconnection.net)

### Vet Center

1-877-WAR-VETS

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

### VA Benefits/Resources

844-NC4-VETS

[www.nc4vets.com](http://www.nc4vets.com)

[www.milvet.nc.gov](http://www.milvet.nc.gov)



## Mission Statement

Prevent Veteran suicides in our local community, in North Carolina, and nationwide.

## Vision Statement

Honor and serve Veterans and active duty military and their families by building and maintaining a coalition of concerned groups and people dedicated to detecting Veteran mental health issues and preventing suicide.

## Together With Veterans Partnership

Together With Veterans (TWW), an evidence-based Veteran suicide prevention program, is a partnership with the US Department of Veterans Affairs' Rocky Mountain Mental Illness Research, Education and Clinical Center (MIRECC), the Western Interstate Commission for Higher Education Behavioral Health Program (WICHE BHP) and local organizations run by or serving Veterans.

Together With Veterans (TWW) is a process that supports rural communities in developing a local action plan to prevent Veteran suicide. TWW helps the community in identifying Veterans and other key partners; learning about suicide prevention and specific community strengths and needs; and building and carrying out an effective local Veteran suicide prevention action plan.



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### Goals

1. Provide Veterans and their families with information about benefits and referrals to the Veteran Administration.
2. Assist Veterans and their families with registration, transportation, care-givers, equipment, lodging, and other essentials related to services provided through the Veteran Administration.
3. Identify at-risk Veterans specifically regarding suicide and post-traumatic stress (PTSD).
4. Improve delivery of assistance for at-risk Veterans in our community.
5. Motivate Veterans and families of Veterans to participate in recreational, therapeutic, and economic activities to promote the healing process.

## Know the Facts

### US Census Bureau 2016

67.9% of Veterans in NC that die by suicide use a firearm compared to 51.4% of civilians nationally.

Nationally, Veteran suicide rates are 47% higher than civilian suicide rates.

On average 20 Veterans a day die by suicide.

[www.mentalhealth.va.gov/suicide\\_prevention/suicide-prevention-data.asp](http://www.mentalhealth.va.gov/suicide_prevention/suicide-prevention-data.asp)

### Suicide Prevention Strategies

- Increase awareness about Veteran suicide prevention strategies
- Improve capacity to respond to Veterans in need
- Make it easier for Veterans to reach out for support

“No one can do  
**EVERYTHING**  
but everyone can do  
**SOMETHING**”

-Author Unknown