

Attachment 2.

SUICIDE PREVENTION & SAVES Warning Signs "IS PATH WARM" acronym to use

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- Ideation – Thoughts of suicide
- Substance Use – Increased or excessive alcohol/drug use
- Purposelessness – Seeing no reason for living
- Anxiety – Anxiousness, agitation, nightmares
- Trapped – Feeling as though there is no way out
- Hopelessness – Feeling hopeless about oneself, others or the future
- Withdrawal – Isolating from friends, family, usual activities, and society
- Anger – Feelings of rage or uncontrolled anger, seeking revenge
- Recklessness – Acting without regard for consequences
- Mood Changes – Dramatic changes in mood, unstable

RESOURCES

- OUTREACH OFFICER and DSO / CSO at each chapter
- National Suicide Prevention Hotline: Press 988 and then press 1
- Text 741741 or 838255 for help via text
- Search on computer www.veteranscrisisline.net and chat on computer
- Emergency Call 911 or Local Police
- Your nearest VA medical center 1-973-676-1000 Ext.1421
- Mental Health Care Call 1-888-823-7458
- Vets 4 Warriors Call 1-855-838-8255
- Psychological Health Resource Center Call 1-866-966-1020
- Military One Source Call 1-800-342-9647
- TAPS National Military Survivor Helpline Call 1-800-959-TAPS (8277)
- WWW.Make the Connection.Net Videos & Info for Military Veterans
- Wilmington VA Hospital 1-302-994-2511
- Philadelphia VA Hospital 1-215-823-4014
- Local Community Base Outpatient Clinic (CBOC)
- Healthcare Provider (Identify at your local hospital – build a relationship)
- NJ State DAV website and Use LVAP line G. to document Saves from Suicide