Suicide Prevention Remains Priority for Veterans Affairs Medical Center

Year-round, the U.S. Department of Veterans Affairs (VA) empowers communities to take action to support our Nation’s Veterans. Each community across the country plays a role in supporting Veterans, but as an individual, you may not know what to do or where to start.

You don’t need to have special training to support the Veterans in your life, and we can all do something to help a Veteran who is going through a difficult time. Even seemingly small actions can have a huge impact: Preventing suicide begins with just the willingness to Be There.

Showing your support can be as simple as sending a Veteran a text message — inviting someone over to catch up or sharing a positive thought are both great ways to communicate that you care. Your words could be exactly what a Veteran in crisis needs to hear, and could be a reminder of the many people out there who are willing to listen.

Simply reaching out to a Veteran in need and opening the door for a discussion could make all the difference. Learn more ways to show your support and Be There by visiting VeteransCrisisLine.net/BeThere to find more resources and information.

If you believe a Veteran in your life may be contemplating suicide, call the Veterans Crisis Line at 1-800-273-8255 and Press 1, send a text message to 838255, or chat online. Qualified and compassionate VA responders are on call 24/7/365 to provide guidance on how to connect Veterans with support and help keep them from harm.

At the Aleda E. Lutz VA in Saginaw, a dedicated team of staff are available to assist Veterans. They provide case management services to Veterans and provide a host of coping therapies to minimize the risk for the Veteran. The Suicide Prevention Team can be reached at 989-497-2500, Extensions 11778, 12453, 11996, or 11974.

Veterans who are not currently enrolled in VA care or are not being provided care for their mental health, are encouraged to get enrolled. To learn more about how to enroll,
Veterans can visit www.va.gov or call the Eligibility Office at 989-497-2500, Ext. 13120 or 13121.

For more information:


Resources available for Veterans, families, friends, and communities, visit https://www.mentalhealth.va.gov/suicide_prevention/resources.asp.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 36,700 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.saginaw.va.gov.

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