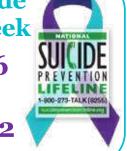
From the Tribal Veterans Service Officer (TVSO)

National Suicide Prevention Week September 6 to September 12



#ctgrtribalveteran #weneedyouhere





*axayam solchas-man Hello Veterans!

What is a Tribal Veterans Service Officer (TVSO)?

A Veterans Service Officer (VSO) assists veterans and their families in many ways. This may include answering questions, advising and educating about what benefits are available from federal, state, county and local resources. Veterans Service Officers assist eligible persons in filing the necessary claims for those benefits at no cost. A Tribal Veterans Service Officer (TVSO) does this specifically for Tribal/Native American Veterans.

Most VSOs go through an accreditation process to become an Accredited Representative. This accreditation earns the VSO recognition from the U.S. Department of Veterans Affairs (VA) as being capable of handling veterans affairs.

I will be working toward earning my accreditation over the next year so that I will be equipped to assist you the best way that I can!



 Cell 911 if you or someone you know is in immediate danger.

TO GIVE HELP OR

- Call the National Suicide Prevention Lifeline at 1-900-273-TALK (8255) and press 1. if you are in the Military or are a Veteran.
- Text "NOW" to 838255 to chat via text message.
- Visit www.veteranscrisisline.net to learn about suicide signs and prevention resources.
- Ask trusted friends or family for help, find a support group, access health or Veterans services, and keep yourself safe.

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THREE

PROTECTED US. LET US WALK WITH YOU.

#WENEEDYOUHERE

PREVENT VETERAN SUICIDE

WARNING SIGNS

 Thinking or talking about hurting or killing yourself

KNOW THE

- Self-destructive or risky behavior such as drug and alcohol abuse
- · Erratic behavior
- Hopelessness
- · Feeling like there's no way out
- Anxiety, sleeplessness, mood swings
- Withdrawing from family and friends
- Expressing feelings of guilt or shame
- Neglecting personal welfare, deteriorating physical appearance

ACTIONS YOU CAN TAKE TO HELP

- · Be avere of warring signs
- Encourteeu to contact amargancy halp when needed.
 Be supportive and non-pulgmental to your layed one.
- Stay involved, ask questions, and express your concern to professionals.
- Learn about treatment options like ingettern or subpatient care
- Help your loved one through treatment transitions Pay close attention to their safety plan.

SUPPORT FOR CAREGIVERS

- Coaching Into Care 3-800-832-7438, H F 8 AH to 8 PM (017) National VS service arms to educate, support, and emposes families and friends also any sealing care for a Veteran.
 - when https://www.mirecs.ws.ges/coeching/
- VA Caregiver Support Line: 3-853-260-3274 Dallae https://www.caregivecya.gov
- Contact your local family caregiver support zoendradiar at a VR mode al center year you
- Helping You Help Veterana Support Center: 1-844 Psychilemer (779-2427)

ine. http://caregiver.prycharmocorg/Whene-intre

US Navy Veteran



Mailing Address: Attn: Social Services/TVSO 9615 Grand Ronde Rd. Grand Ronde Oregon, 97347

Email: <u>CTGRTribalVSO@grandronde.org</u> Office Phone: (503) 879-1484 Cell: (541) 921-3063