

From the Tribal Veterans Service Officer (TVSO)

National Suicide Prevention Week
September 6 to September 12



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Hello Veterans!



#ctgrtribalveteran
#weneedyouhere

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!



TO GIVE HELP OR GET HELP

- Call 911 if you or someone you know is in immediate danger.
- Call the National Suicide Prevention Lifeline at 1-800-273-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.

YOU PROTECTED US. LET US WALK WITH YOU. #WENEEDYOUHERE PREVENT VETERAN SUICIDE

KNOW THE WARNING SIGNS

- Thinking or talking about hurting or killing yourself
- 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 aware of warning signs.
- Know how to contact emergency help when needed. Be supportive and non-judgmental to your loved one.
- Stay involved, ask questions, and express your concern to professionals.
- Learn about treatment options like inpatient or outpatient care.
- Help your loved one through treatment transitions. Pay close attention to their safety plan.

SUPPORT FOR CAREGIVERS

- Coaching Into Care: 1-800-832-7438, 10 P.M. to 8 P.M. (U.S.T.) National VA service aims to educate, support, and empower families and friends who are seeking care for a Veteran. Online: <https://www.mhcc.va.gov/coaching/>
- VA Caregiver Support Line: 1-855-260-3274 Online: <https://www.caregiver.va.gov/>
- Contact your local family caregiver support coordinator at a VA medical center near you.
- Helping You Help Veterans Support Center: 1-844-PsychArmor (779-2427) Online: <http://caregiverpsycharmor.org/#/waw-blogs>



Respectfully,
Ramona L. Quenelle,
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