

Always ask questions 1 and 2.	Past Month	
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts about killing yourself?		
If YES to 2, ask questions 3,4,5, and 6. If NO to 2, skip to question 6.		
3. Have you been thinking about how you might do this?		
4. Have you had these thoughts and had some intention of acting on them?	High Risk	
5. Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk	
Always ask question 6.	Life-time	Past 3 Months
6. Have you done anything, started to do anything, or prepared to do anything to end your life? If yes, was this within the past 3 months?		High Risk

*For high rating refer to Call to Action on this card.



Download
Columbia
Protocol
app



SCAN to find your nearest
VA Medical Center or **Vet Center**.



SCAN to find your **PA VETConnect**
contact. *They help you connect to
resources that meet your needs.*



SCAN to learn more about
Pennsylvania Veterans benefits.



SCAN to learn more about
Pennsylvania's 6 Veterans Homes.



SCAN to learn about the **Veterans
Crisis Line (VCL)**. Or use the following
information to connect with a VCL
responder anytime day or night:

- Call 988 and select 1.
- Text 838255.
- For TTY, call 711, then 988.



Veterans Service Officers (VSOs) are available to help ALL Veterans and are accredited experts in VA benefits. VSOs can legally represent Veterans, dependents and survivors before the VA.



SCAN to find a **Veteran Service
Officer** near you.



SCAN to contact your **County
Director of Veterans Affairs**.



SCAN to contact your nearest
American Legion Post.



SCAN to contact your nearest
**Veterans of Foreign Wars (VFW)
Post**.



SCAN to contact your nearest
**Disabled Veterans of America
(DAV) Office**.



SCAN to contact your nearest
AMVETS Office.



**HAVE YOU OR A LOVED ONE EVER
SERVED IN THE U.S. ARMED FORCES?**

- When did you serve? Which branch?
- What did you do while in the military?
- Did you ever serve in a hostile/combat zone?
- Did you experience enemy fire, see combat, or witness casualties?
- Were you wounded, injured, or hospitalized?
- Did you participate in any experimental projects or tests?
- Were you exposed to noise, chemicals, gases, demolition of munitions, pesticides, or other hazardous substances?

If exposure or health risk is identified, use this guide to refer/connect the Veteran to available resources.



Pennsylvania
**Department of Military
and Veterans Affairs**

Other Areas of Concern

Blast Concussions/Traumatic Brain Injury

- During your service, did you experience: heavy artillery fire, vehicular or aircraft accidents, explosions, or fragment of bullet wounds above the shoulders?
- If yes, did you experience any loss of consciousness, being dazed, seeing stars, not remembering the event, or diagnosis of concussion or head injury?

Military Sexual Trauma

- During military service did you receive unwanted sexual attention like touching, pressure for sexual favors or remarks?
- Did anyone ever use force or threat of force to have sexual contact with you against your will?

Post-Traumatic Stress

- Have you ever experienced a traumatic or stressful event which caused you to believe your life or the lives of those around you were in danger?
- If yes, do you experience nightmares, vivid memories or flashbacks of the event?
- Do you feel anxious, jittery, watchful, easily startled or a sense of panic that something bad is about to happen?

Additional Questions

- Are you enrolled in the Veterans Healthcare Administration?
 - Enrollment: toll-free (877) 222-8387
- Do you have a service-connected disability or condition?
- Do you have a safe place to go when you leave today?
- Have you experienced discrimination because of your personal identity or military service?

Identified Military Exposures

Airborne Hazards & Burn Pit Exposures (Vietnam, Iraq, Afghanistan): High levels of particulate matter associated with burn pits. Early symptoms often misdiagnosed as allergies, flu or colds.

Agent Orange Exposure (Vietnam): Tactical herbicide used to control vegetation in and around Vietnam with many associated presumptive conditions.

Camp Lejeune Water Contamination (Jacksonville, NC from 1957 to 1987): Stationed veterans and families exposed to chemical contaminants in the groundwater at risk for health conditions.

Depleted Uranium (Gulf Wars, Bosnia, Afghanistan): Inhaled or ingested microfine particles. Risk of respiratory and kidney disease.

Gulf War - Global War on Terror (August 1990 to present): Environmental, chemical hazards carrying health risk including respiratory conditions.

Infectious Diseases (Iraq, Afghanistan): Malaria, typhoid fever, viral hepatitis, leishmaniasis, tuberculosis, rabies.

Noise Exposure (All Eras): Harmful noise experienced during military service in combat, training, and general job duties.

Environmental Exposure App Available



This comprehensive app helps veterans and healthcare professionals identify possible military-related environmental exposures during time in service.

Veteran and Military Families

VA Caregiver Support Program

<https://www.caregiver.va.gov/>



Offers well-being and clinical services to caregivers of eligible and covered veterans enrolled in the VA System.

Questions for Families

- Are you a part-time or full-time caregiver?
- Do you need assistance connecting to additional government or community-based resources?
- Do you have children? Do they need extra services or support?

Additional Areas of Concerns

- Seeking information for cancer support
- Struggling with housing
- Substance use and recovery support
- Building Family Resilience
- Engage with required resources
- Develop and share knowledge
- Positive and emotionally-safe family environment
- Maintain a vision of hope and optimism



mobile.va.gov/Appstore

VA apps are available on the VA App Store through your desktop or mobile browser, on the Apple App Store or Google Play.

Suicide Prevention

Certain observable cues (affective and behavioral) should prompt you to remain alert to the possible presence of suicidal ideation. Protective factors play a critical role in prevention.

Risk Factors

- Previous suicide attempt
- Feelings of hopelessness
- Financial hardship
- Mental and physical health conditions
- History of abuse
- Withdrawing from loved ones
- Access to lethal means
- Alcohol/substance use disorder
- Transitions (separation from military service, employment, relationships, etc.)

Protective Factors

- Connectedness to individuals, family, and community
- Coping skills
- Cultural, religious, or personal beliefs that discourage suicide
- Effective behavioral healthcare
- Feelings of hope
- Limited access to lethal means
- Problem solving skills
- Safety plan
- Self-esteem
- Sense of purpose or meaning

Call to Action

See the Columbia Suicide Severity Rating Scale on backside of pocket card.

If YES to 2 or 3, seek behavioral healthcare for further evaluation. If the answer to 4, 5, or 6 is YES, get immediate help: Call or text 988, call 911, or go to the emergency room. STAY WITH THEM until they can be evaluated.