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“The greatest moment I ever had was when a Marine approached me after a talk and told me, 'I was going to kill myself today, but I came here on a whim. Please walk me to help.’”

-Kevin Hines

[www.kevinhinesstory.com](http://www.kevinhinesstory.com)



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## Help Is Here

### Veterans Crisis Line

Phone: 1-800-273-8255 Press 1

Text: 838255

Chat: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### Make The Connection

[www.maketheconnection.net](http://www.maketheconnection.net)

### Vet Center

1-877-WAR-VETS

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

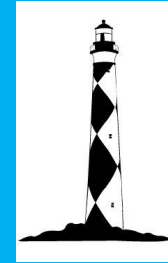
### VA Benefits/Resources

844-NC4-VETS

[www.nc4vets.com](http://www.nc4vets.com)

[www.milvet.nc.gov](http://www.milvet.nc.gov)

## Veterans Coalition of the Crystal Coast



A Beacon of Hope  
for Veterans in Crisis

## Mission Statement

Prevent Veteran suicides within our local community, in North Carolina, and nationwide.

## Vision Statement

Honor and serve Veterans and active duty military and their families by building and maintaining a coalition of concerned organizations and people dedicated to detecting Veteran mental health issues and preventing suicide.

## Together With Veterans Partnership

Together With Veterans (TWV), an evidence-based Veteran suicide prevention intervention, is a partnership with the US Department of Veterans Affairs' Rocky Mountain Mental Illness Research, Education and Clinical Center (MIRECC); the Western Interstate Commission for Higher Education Behavioral Health Program (WICHE BHP) and local organizations run by or serving Veterans.

The Together With Veterans is a process that supports rural communities in developing a local action plan to prevent Veteran suicide. TWV guides the community through identifying Veterans and other key partners; learning about suicide prevention and specific community strengths and needs; and developing and carrying out an effective local Veteran suicide prevention action plan.



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## Goals

1. Provide Veterans and their families with information about benefits and referrals to the Veteran Administration.
2. Assist Veterans and their families with registration, transportation, care-givers, equipment, lodging, and other essentials related to services provided through the Veteran Administration.
3. Identify at-risk Veterans specifically regarding suicide and post-traumatic stress (PTSD).
4. Facilitate intervention and assistance for at-risk Veterans in our community.
5. Motivate Veterans and the families of Veterans to participate in recreational, therapeutic, and economic activities to facilitate the healing process.

## Know the Facts

### US Census Bureau 2016

67.9% of Veterans per 100,000 in NC that die by suicide use a firearm compared to 51.4% of civilians nationally.

NC total suicide rates per 100,000 are 17.1% with Veteran suicide rates at 25.2%.

On average 20 Veterans a day die by suicide nationally.

[www.mentalhealth.va.gov/suicide\\_prevention/suicide-prevention-data.asp](http://www.mentalhealth.va.gov/suicide_prevention/suicide-prevention-data.asp)

## Suicide Prevention Strategies

- Increase community awareness about Veteran suicide prevention strategies
- Improve the community's capacity to respond to Veterans in need
- Make it easier for Veterans to reach out for support

“No one can do  
**EVERYTHING**  
but everyone can do  
**SOMETHING**”

-Author Unknown