SERVE AND SUPPORT
YOU STOOD FOR US, NOW LET US STAND WITH YOU!
COMPREHENSIVE VETERAN SUICIDE PREVENTION

The Issue
Colorado ranks in 9th with the highest number of suicides nationally. 2015 data shows that discharged veterans account for 18% of all Colorado suicides, despite veterans making up less than 10% of the state population.

Our Mission
To support discharged Colorado Veterans by connecting them with communities to reduce suicide rates and increase mental health awareness.

Program Overview
We will launch a comprehensive peer navigation program that enrolls veterans at time of discharge. Trained navigators will meet with veterans in person provide resources, facilitate mobile application compliance, and connect vets to a buddy system. Key efficacy will involve the 5-minutes pledge that participants will commit to with their navigator, daily health and mood tracking, and suicide alerts pinged to program. High suicide risk factors will alert navigator and peer sponsor for support. Accompanying social media outreach are community activities which aim to increase awareness of veteran suicide (i.e. annual 5K, survivor support group).

#ServeAndSupport
#ReduceStigma