



Worried About a Veteran

www.WorriedAboutaVeteran.org

If you are a Veteran in crisis, or concerned about a Veteran, connect with the Veterans Crisis Line. Call 988 and Press 1 or Text 838255

WAV is an initiative that empowers loved ones to prevent Veteran gun suicide. WAV helps loved ones build critical time and space before a moment of crisis.

The website:

- Has something for every step of a loved one's journey
- Includes helpful resources for all 50 states
- Features video vignettes of real stories from Veterans' loved ones



#CARRYTHEROUND is a campaign to encourage Veterans and their loved ones to offer support in times of stress. Carrying the round can be as simple as a chat over a round of coffee, or as supportive as storing a loved one's ammo.

CARRY THE ROUND START GUIDE

**Before diving into questions, find a comfortable space and time where you both feel at ease.
Here are some ideas to get the conversation started:**

- I noticed you've been going through a tough time. How can I support you?
- When one of us is struggling, how can we support each other and make our home safer? What barriers might come up, and how can we address them together?
- Tell me about what your guns mean to you.
- How do you store your firearm? What other options have you considered?
- What would you want me to do if you were thinking of killing or hurting yourself?
- Let's start working on a plan for your guns that you feel comfortable with, together.

***CARRY THE ROUND OF AMMO FOR YOUR LOVED ONE. CARRY THE ROUND OF CONVERSATION.
CARRY IT TOGETHER. YOUR JOURNEY STARTS NOW. #CARRYTHEROUND***



HELPFUL TIPS

- Take turns asking and answering questions.
- Listen without judgment. This isn't about convincing but connecting.
- It's okay to pass on any question.
- Share only what feels comfortable.
- Take breaks when needed.
- If the conversation needs to end, share appreciation for the attempt and suggest a different time or setting.