



Worried About a Veteran

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

www.WorriedAboutaVeteran.org



DONATE

SUPPORT
WAV

CONNECT



CONVERSATION STARTERS

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.



**YOU ARE NOT ALONE. YOU CAN CONNECT WITH A TRAINED VETERAN PEER SUPPORTER
AT ANY TIME, 24/7, BY CALLING 844-255-2929 OR 844-CLL-2WAV**



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.