



Bergen County Cares ... About Our Veterans

Veteran Mental Health Resources

COUNTY

STATE

NATIONAL

<p>Bergen County's Psychiatric Emergency Screening Program 24/7 Confidential toll free support</p>	<p>201-262-HELP (201-262-4357)</p>	<ul style="list-style-type: none"> • Psychiatric Emergency Screening Program
<p>VA Hackensack Outpatient Clinic</p>	<p>201-342-4536 385 Prospect Ave. Hackensack, NJ 07601</p>	<ul style="list-style-type: none"> • Provides primary care and mental health services for veterans • Behavioral health services include individual, group and family counseling
<p>Bergen County Division of Mental Health</p>	<p>201-634-2750 One Bergen County Plaza Hackensack, NJ</p>	<ul style="list-style-type: none"> • Assists residents with inquiries and connects them with mental health resources available in Bergen County
<p>NJ Veterans Counseling Hotline</p>	<p>1-866-VETS-NJ4 (1-866-838-7654)</p>	<ul style="list-style-type: none"> • Provides immediate assistance to NJ veterans along with peer counseling and clinical assessment • Connects veterans with a comprehensive Mental Health Provider Network in NJ
<p>Veterans Crisis Line 24/7 Confidential toll free support</p>	<p>1-800-273-8255 Press 1 Text Message 838255 Chat Online http://veteranscrisisline.net</p>	<ul style="list-style-type: none"> • Connects veterans in crisis and their families and friends with qualified, caring, Department of Veterans Affairs responders
<p>Vets4Warriors 24/7 Anonymous toll free support</p>	<p>1-855-838-8255 Email or Chat Online http://vets4warriors.com</p>	<ul style="list-style-type: none"> • Provides veterans and their families worldwide with peer-to-peer support; all phone operators are veterans and veteran family members
<p>Make the Connection</p>	<p>http://maketheconnection.net</p>	<ul style="list-style-type: none"> • Connects veterans and their friends and family members with information, resources, and solutions to issues affecting their lives • Organizes resources according to service era, branch of service, life experiences, signs and symptoms and medical conditions
<p>Veteran Homeless Hot Line 24/7 Confidential toll free support</p>	<p>1-877-424-3838</p>	<ul style="list-style-type: none"> • Assists homeless veterans and their families with trained counselors

Department of Veterans Affairs ACE Action Plan

Steps needed to take an active and valuable role in suicide prevention

Ask the veteran

- Ask the questions:
 - Are you thinking about killing yourself?
 - Do you think you might try to hurt yourself?
- Ask directly
- Ask these questions any time you think the veteran may be a danger to themselves

Care for the veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Show the veteran that you care about what they are saying and that you are not passing judgment on what they think or feel
- Accept that their situation is serious and deserving of attention

Escort the veteran

- Never leave the veteran alone
- Do everything you can to encourage and expedite the veteran getting help
- Escort to the emergency room or a medical clinic
- Call the National Veterans Crisis Line 1-800-273-8255 Press 1

SUICIDE SURVIVOR RESOURCES

Tragedy Assistance
Program (TAPS)
for Survivors
24/7 Confidential
toll free support

National Military Survivor Hotline
1-800-959-8227
Suicide Survivor Support: online chat
group for loved ones
[https://groups.yahoo.com/neo/groups/
TAPS_SuicideSurvivorSupport/info](https://groups.yahoo.com/neo/groups/TAPS_SuicideSurvivorSupport/info)

- Resources and support for anyone grieving the death of someone who served in the military

Vantage: Survivors
After Suicide (SAS)
Support Group

Meets on the 1st and 3rd Wednesday
of each month at:

Vantage Health System
2 Park Avenue, Dumont, NJ 07628

- Support group for those who have experienced the loss of a loved one through suicide

Contacts:

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County of Bergen
Kathleen A. Donovan, *County Executive*
and the Board of Chosen Freeholders