

## Wounded Warrior Project Conducts Suicide First-Aid Program to Help At-Risk Veterans

JACKSONVILLE, Fla., Oct. 15, 2018 /[PRNewswire](#)/ -- Raising awareness to combat veteran suicide, Wounded Warrior Project® (WWP) facilitated a two-day Applied Suicide Intervention Skills Training (ASIST) in 18 of its offices across 14 states.

"Working at Wounded Warrior Project makes us acutely aware of the challenges related to veteran suicide and how it affects the population we work with daily," said Michael Richardson, vice president of independence services and mental health. "This training will arm participants with the tools to help recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety."

ASIST is a two-day workshop with emphasis on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed. This event welcomed veteran caregivers, community organizations, veterans service organizations, and WWP staff, including those designated in veteran peer support programs.

"The importance and access to these ASIST programs within our communities cannot be over-emphasized," said Michael. "Family, friends, and other community members may be the first to talk with a person at risk, but many times have little or no training to safely guide that person to a safer mental state of recognizing their risk and accepting further help."

Participants learned to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks.

More than 40 community and veterans service organizations collaborated with WWP for this nationwide training event, including Team Rubicon, Red Cross, select Veteran Administration offices, and LivingWorks – the organization credited for creating the ASIST training program.

WWP's mental health programs address the growing needs of warriors who are returning from war with invisible wounds. WWP offers veterans a range of specialized programs and services – all tailored to each veteran's specific needs – free of charge. Learn more: <https://www.woundedwarriorproject.org/programs/combat-stress-recovery-program>.

### **About Wounded Warrior Project**

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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