**Veterans and Family Support
Department of Missouri
SEPT/OCT 2025**

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Take time to call and check up on our veterans. They may need an ear to listen, a meal, a ride to the doctor, just a visit or a friendly voice...

"Be the Reason a Veteran Smiles Today "

September is VETERANS Suicide Prevention Month

VETERANS SUICIDE AWARENESS COURSE.

- There is free online course about veterans' suicide awareness you can take from the Missouri Governor's Challenge website called S.A.V.E. Here is the link - go to step #1 https://mogovchallenge.com/what-can-i-do/#call-to-action You will have to create your own account but it is free. There are many other courses you are welcome to explore, all at no cost.
- They will bring an in-person veteran suicide prevention training to your post if you are willing to host it. Let them know if this is something you are interested in. Below is contact information

Missouri Veterans Suicide Prevention Team

Jon Sabala –   Tony Gardener
Jon.Sabala@dmh.mo.gov   movspt@gmail.com
573-751-2368   816-835-0881

Mental Health First Aid®

This is an 8 hour, skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge. The course is offered in person or virtually.

It is important to know that we offer a few MHFA trainings a month at no cost. Use this link to find a free training session: http://mhfamissouri.org/home/events/

SEPTEMBER 8TH IS 988 DAY

988 Day is a national initiative dedicated to raising awareness about the 988 Suicide & Crisis Lifeline and emphasizing the importance of mental health and suicide prevention. The theme for 988 Day 2025 is Compassionate Help. Anytime. Anywhere.