



G.V. (Sonny) Montgomery VA Medical Center

to care for him who shall have borne the battle and his widow, and orphan

FOCUSED ON YOU

SEPTEMBER2020

Office of Mental Health and Suicide Prevention (OMHSP)

Suicide Prevention Month 2020

September is Suicide Prevention Month. This month — and every month — you can take action to help prevent suicide. You don't need special training to show a Veteran you care. Even simple actions of support can make a real difference to someone going through a difficult time.

If you believe that a Veteran in your life may be contemplating suicide, call the Veterans Crisis Line at **1-800-273-8255 and Press 1**, text to 838255, or [chat online](#). Qualified and compassionate VA responders are on call 24/7 to keep Veterans from harm.

For more ways you can help, visit [BeThereForVeterans.com](https://www.bethereforveterans.com).

Jackson VAMC Suicide Prevention Team

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be there.

*September is
Suicide Prevention Month.*

Patriotic Café Manager's Specials

September 3 – One Day Only

Manager's Special **End of Summer BBQ**



September 10 – Spaghetti and meat sauce with Mozzarella Meatballs

September 17 – Chicken Philly Asiago Club Sandwich

September 24 – Cajun Chicken Alfredo



Available September 1 – 30

Breakfast Sandwich of the Month

Philly Steak, Egg and Cheese Bagel or Wrap



VA Video Connect

What is VA Video Connect?

- VA Telehealth services allow Veterans to use digital tools, such as home computers, tablets or mobile phones to access healthcare.
- It's a modern way to deliver Veteran and family-centered healthcare, because it remotely connects Veterans with their care team, regardless of their location within the United States, which means a Veteran, or their family can access care from where ever they have an internet connection and a video capable device.

What is needed?

- Computer, tablet, or mobile device
- Internet Connection
- Camera/microphone
- Internet Browser—*Google Chrome* provides the best VA Video Connect experience

During the month of May, the G.V. (Sonny) Montgomery VA Medical Center completed 1,571 video telehealth visits.



VA Telehealth

Real-Time Access to Your VA Care Team Through VA Video Connect

Conduct Visits With Your Provider Through Live Video

VA Video Connect makes VA health care more convenient for you and other Veterans and caregivers. VA Video Connect enables you to quickly and easily meet with your VA care team through secure and private videoconferencing sessions. You can conduct visits with your provider in a virtual medical room, from anywhere, using the camera on your phone, computer, or tablet.

Talk with your provider about using VA Video Connect if:

-  You live far from your VA facility or have limited access to VA facilities.
-  You have health conditions that make traveling to the specialist you need difficult.
-  You lack time to regularly attend in-person appointments.
-  You don't require a hands-on physical examination.

A Step-by-Step Guide

1. **Visit the website.** Learn more about VA Video Connect at mobile.va.gov/appstore.
2. **Get set up.** Open VA Video Connect by selecting your appointment link. Apple users can download the mobile app from the Apple App Store.
3. **Test your device.** On the VA Video Connect app page, select "Visit the VA Video Connect test site" to set up your microphone and speakers. You can also ask your VA care team for a practice session.
4. **Troubleshoot technical problems.** Need help? Call the National Telehealth Technology Help Desk at **866-651-3180** or **703-234-4483**, Monday through Saturday, **7 a.m. – 11 p.m.** Eastern Time.



Get Started Today!
mobile.va.gov/appstore



U.S. Department
of Veterans Affairs

Test Your Device:
Apple users will need
to download the VVC app
before testing



For more information contact:

Deidre Phillips

Facility Telehealth Coordinator
(601) 362-4471, extension 55609

Andrew Harris

Telehealth Clinical Technician
(601) 362-4471, extension 51614

This Suicide Prevention Month — and every month — *Be There* for Veterans and let them know that your organization cares. Simple gestures of support can provide hope during challenging times.

As a leading Suicide Prevention Month advocate, VA will amplify the message to Veterans and their networks that support is available, suicide is preventable, and resources exist to help Veterans get back on track.



- ◇ Host a [S.A.V.E. Training](#) for your community and ask your local
- ◇ Suicide Prevention Coordinator (SPC) to help coordinate.
- ◇ Share our social media messages and graphics on Facebook, Twitter, and Instagram.
- ◇ Add a web banner to your facility website or office webpage.
- ◇ [Connect with your local SPC](#) and ask about training opportunities.
- ◇ Add the [Veterans Crisis Line \(1-800-273-8255 and Press 1\)](#) to your signature block in case a Veteran you know is having thoughts of suicide.

Download Suicide Prevention Month materials and learn more about VA's *Be There* campaign at BeThereForVeterans.com

History of Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. Learn more here <https://www.dol.gov/general/laborday/history>.

Labor Day

The G.V. (Sonny) Montgomery VA Medical Center and VA Community Outpatient Clinics will be closed on September 7, 2020, in observance of Labor Day.

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Choose **VA**