

Columbia Suicide Severity Rating Scale

Assessing Suicide Risk	Past Month	
1. Have you wished you were dead or wished you could go to sleep and not wake up?	☑	☒
2. Have you had any thoughts about killing yourself?	☑	☒
If YES to question 2, answer questions 3, 4, 5, and 6. If NO to question 2, go directly to question 6.		
3. Have you thought about how you might do this?	☑	☒
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you having thoughts but you would not act on them?	☑	☒
	High Risk	
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	☑	☒
	High Risk	
Always ask question 6.	Lifetime	Past 3 months
6. Have you done anything, started to do anything, or prepared anything to end your life?	☑ ☒	☑ ☒
Examples: collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		High Risk

For high rating refer to Call to Action on this card.



Columbia Protocol
app available

Resources for Veterans & their Families

VA Sierra Nevada Health Care System
(775) 786-7200 or toll-free (888) 838-6256
Reno, NV 89502

VA Southern Nevada Healthcare System
(702) 791-9000 or toll-free (888) 633-7554
North Las Vegas, NV 89086

VA Salt Lake City Healthcare System
Serving Eastern NV
(801) 582-1565 or toll-free (800) 613-4012, select 0
Salt Lake City, UT 84148

All VA systems offer inpatient care, 24/7 emergency care, and a wide variety of services to meet the needs of our nation's veterans.



Scan the QR Code!

For a comprehensive webpage of resources.

Veterans and their families may benefit from the included resources, but may require a warm handoff. This resource list is meant to increase the utilization of community services across Nevada and help assist their needs.

<https://veterans.nv.gov/veteran-care-pocket-card-resources/>

Nevada Veterans Service Officers

NDVS Veterans Advocacy and Support Team (VAST)

VA accredited Veteran Services Officers (VSO) that assist veterans and their families with connecting to benefits, submitting claims, and filling appeals for denied claims for FREE.
Hours dependent on location.

Carson City: (775) 300-6796
106 E. Adams St., Suite 203, Carson City, NV 89706

Elko: (775) 777-1000
1500 College Parkway, McMullen Hall, Room 114, Elko, NV 89801

Fallon: (775) 428-1177
485 W. B St., Suite 103, Fallon, NV 89406

Las Vegas: (702) 224-6025
6900 N. Pecos Rd., Rm. 1C238, North Las Vegas, NV 89086

Pahrump: (775) 751-6372
1981 E. Calvada Blvd. #110, Pahrump, NV 89048

Reno: (775) 321-4880
5460 Reno Corporate Dr., Suite 131, Reno, NV 89511

Winnemucca: (775) 339-2300
3300 Bengochea Circle, Winnemucca, NV 89445

Or visit <https://veterans.nv.gov/ask-a-vso/> to submit an online form.



Veterans Service Officers are also available through organizations such as DAV, PVA, VFW, American Legion, and others.

Veteran Care Pocket Card

For care providers containing questions to identify veterans, information on military exposures, suicide protective factors, local resources, and more.

HAVE YOU OR A LOVED ONE EVER SERVED IN THE U.S. ARMED FORCES?

Questions to Ask:

- When did you serve? Which branch?
- What did you do while you were in the military?
- Were you ever assigned to a hostile or combative area?
- Did you experience enemy fire, see combat, or witness casualties?
- Were you wounded, injured, or hospitalized?
- Did you participate in any experimental projects or tests?
- Were you exposed to noise, chemicals, gases, demolition of munitions, pesticides, or other hazardous substances?

If an exposure or health risk is identified, use this guide to refer or connect Veterans to available resources.



Other Areas of Concern

Blast Concussions/Traumatic Brain Injury

- During your service, did you experience: heavy artillery fire, vehicular or aircraft accidents, explosions, or fragment of bullet wounds above the shoulders?
 - If yes, did you experience any loss of consciousness, being dazed, seeing stars, not remembering the event, or diagnosis of concussion or head injury?

Military Sexual Trauma

- During military service did you receive unwanted sexual attention like touching, pressure for sexual favors or remarks?
- Did anyone ever use force or threat of force to have sexual contact with you against your will?

Post-Traumatic Stress

- Have you ever experienced a traumatic or stressful event which caused you to believe your life or the lives of those around you were in danger?
 - If yes, do you experience nightmares, vivid memories or flashbacks of the event?
 - Do you feel anxious, jittery, watchful, easily startled or a sense of panic that something bad is about to happen?

Additional Questions

- Are you enrolled in the Veterans Healthcare Administration?
 - Enrollment: toll-free (877) 222-8387
- Do you have a service-connected disability or condition?
- Do you have a safe place to go when you leave today?
- Have you experienced discrimination because of your personal identity or military service?

Identified Military Exposures

Veterans can call a Veterans Service Officer (VSO) for information on military exposures and financial compensation.

Airborne Hazards & Burn Pit Exposures (Vietnam, Iraq, Afghanistan): High levels of particulate matter associated with burn pits. Early symptoms often misdiagnosed as allergies, flu or colds.

Agent Orange Exposure (Vietnam): Tactical herbicide used to control vegetation in and around Vietnam with many associated presumptive conditions.

Camp Lejeune Water Contamination (Jacksonville, NC from 1957 to 1987): Stationed veterans and families exposed to chemical contaminants in the groundwater at risk for health conditions.

Depleted Uranium (Gulf Wars, Bosnia, Afghanistan): Inhaled or ingested microfine particles. Risk of respiratory and kidney disease.

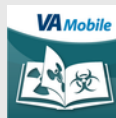
Gulf War Syndrome (Gulf Wars, August 1990 to present): Variety of environmental and chemical hazards that carry health risks.

Infectious Diseases (Iraq, Afghanistan): Malaria, typhoid fever, viral hepatitis, leishmaniasis, tuberculosis, rabies.

Noise Exposure (All Eras): Harmful noise experienced during military service in combat, training, and general job duties.



Exposure ED App Available



This comprehensive app helps veterans and healthcare professionals identify possible military-related environmental exposures during time in service.

Veteran and Military Families

VA Caregiver Support Program

<https://www.caregiver.va.gov/>

Offers well-being and clinical services to caregivers of eligible and covered veterans enrolled in the VA System.



Reno VA (775) 326-5775

Las Vegas VA (702) 791-9000 ext. 13051

Salt Lake City VA (801) 582-1565 ext. 4165

Questions for Families

- Are you a part-time or full-time caregiver?
- Do you need assistance connecting to additional government or community-based resources?
- Do you have children? Do they need extra services or support?

Additional Areas of Concerns

- Seeking information for cancer support
- Struggling with housing
- Substance use and recovery support

Building Family Resilience

- Engage with required resources
- Develop and share knowledge
- Positive and emotionally-safe family environment
- Maintain a vision of hope and optimism

Resources for veteran and military families are included on the Resource QR Code located on the back of the pocket card.

Suicide Prevention

Certain observable cues (affective and behavioral) should prompt you to remain alert to the possible presence of suicidal ideation. Protective factors play a critical role in prevention.

Risk Factors

- Previous suicide attempt
- Feelings of hopelessness
- Financial hardship
- Mental and physical health conditions
- History of abuse
- Withdrawing from loved ones
- Access to lethal means
- Alcohol/substance use disorder
- Transitions (separation from military service, employment, relationships, etc.)

Protective Factors

- Connectedness to individuals, family, and community
- Coping skills
- Cultural, religious, or personal beliefs that discourage suicide
- Effective behavioral healthcare
- Feelings of hope
- Limited access to lethal means
- Problem solving skills
- Safety plan
- Self-esteem
- Sense of purpose or meaning

Call to Action

See the Columbia Suicide Severity Rating Scale on backside of pocket card.

Any **YES** indicates that someone should seek behavioral healthcare.

However, if the answer to **4, 5, or 6**, is **YES**, get **immediate help: Call or text 988**, call 911 or go to the emergency room.

STAY WITH THEM until they can be evaluated.



For questions or recommendations for this pocket card, please contact healthcare@veterans.nv.gov