More Than Ever Before Toolkit in Response to the COVID-19 Crisis

More Than Ever Before Toolkit in Response to the COVID-19 Crisis

The Substance Abuse and Mental Health Administration has partnered with the President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) Office created a messaging campaign in response to the COVID-19 crisis.

This campaign is called, More Than Ever Before. It is designed to help by encouraging everyone to care for their mental health—and support those they love—every day. Important take away lessons from this campaign:

1. Check in with yourself EVERY DAY, know how your own self is doing in these uncertain times

2. Do what you know helps you- exercise, worship, meditate, dance, cook, read, etc.

3. Share your struggles and what works for you with family, friends, social media- we all do better when we know we are NOT ALONE

4. Tune in to your kids- if you have children remember to talk with them, reassure them that they are not alone. There are many resources to help provide support.

5. REACH OUT TO THOSE WHO ARE STRUGGLING! We ALL need support right now. Some of us might need a little more than others, and that's OKAY!!!!

6. If you are worried about yourself or others- please call the Suicide Prevention Life Line at 1-800-273-8255, press 1 if you're a veteran.

Click here to download the More than Ever ToolKit:

https://emma-assets.s3.amazonaws.com/qsdcb/1dcf48b54717e3bf39db79c14b83fb69/PREVENTS_MTEB_Partner_Toolkit_FInalPDF.pdf

About

Mission and Vision
NDVS Leadership
NDVS Annual Reports
Legislature
Donate
Contact Us

Benefits and Services

Ask a VSO
Veterans Service Officers
Caregiver Resources
Survivors Guide
Women Veterans
NV Transition Assistance

Suicide Prevention

What to Do
Trainings/Resources

Community

Calendar
Heroes for Heroes
Veterans Appreciation
Veterans Organizations
Volunteer

Employment

For Employers
Employment for Veterans

News

Veterans Day 2020
NDVS eNewsletter – Veterans Voice
Sign-up for Newsletter
Press Releases

Copyright © 2021 Nevada Department of Veterans Services