Operation Life - A National Suicide Prevention Strategy for the Veteran Community

Abstract:
The Department of Veterans’ Affairs is working closely with the veteran and defence force communities to empower veterans and ex-service personnel to optimise their mental health and adopt a wellness approach to these issues.

Suicide is one of many issues that can impact on the health of others and strategies such as Operation Life provide a framework for action to prevent suicide and promote mental health and resilience across the veteran community. The major components of the framework consist of a choice of suicide prevention programs and services that are readily available to the veteran community.

Operation Life - A National Suicide Prevention Strategy for the Veteran Community identifies five priority areas:

1. Promote resilience, mental health and well-being across the veteran community through education, training and self-awareness:
2. Enhance protective factors by reducing risk factors for suicide and self-harm within the veteran community:
3. Deliver support through the VVCS – Veterans and Veterans Families Counselling Service and allied health providers for veterans and their families at increased risk of suicide:
4. Develop partnerships with the veteran and ESO community through such areas as the men’s health peer education facilitators and TIP trainers; and
5. Research the evidence base for suicide prevention and good practice through a variety of initiatives.