

**As a Veteran,
your well-being
is paramount.**

**The My
Reasons for
Living Lockbox**

(Lockbox) is designed to help you stay safe during challenging times by securely storing a firearm, medication, or a knife and creating a crucial delay between impulsive thoughts and actions. A team of Veterans and military family members working at the VA developed the Lockbox with testing and feedback from Veterans like you. Spend a little time to prepare yourself for a worstcase scenario, just like we did in the military, could save your life.

By personalizing your lockbox with meaningful items-like photos, mementos, and motivational messages-you can remind yourself of the people, places, and moments that bring you joy and purpose. This simple yet powerful tool can provide comfort, support, and a lifeline when you need it most. Take this step to protect yourself and honor your reasons for living.

**Seconds Lead to
Second Thoughts.
Second Thoughts
Save Lives.**

**Interested
in Learning
More?**



**MY
REASONS
FOR LIVING
LOCKBOX**

**A tool for Veterans to
save their own life.**



This tool is the result of innovators Carl LoFaro (Army Veteran), Natalie Thomas (caregiver), & Frank Steinbuch (Navy Veteran) of VA Hudson Valley Health Care System (New York) and their participation in VHA's innovation Network.

VA



U.S. Department
of Veterans Affairs

CUSTOMIZE YOUR LOCKBOX

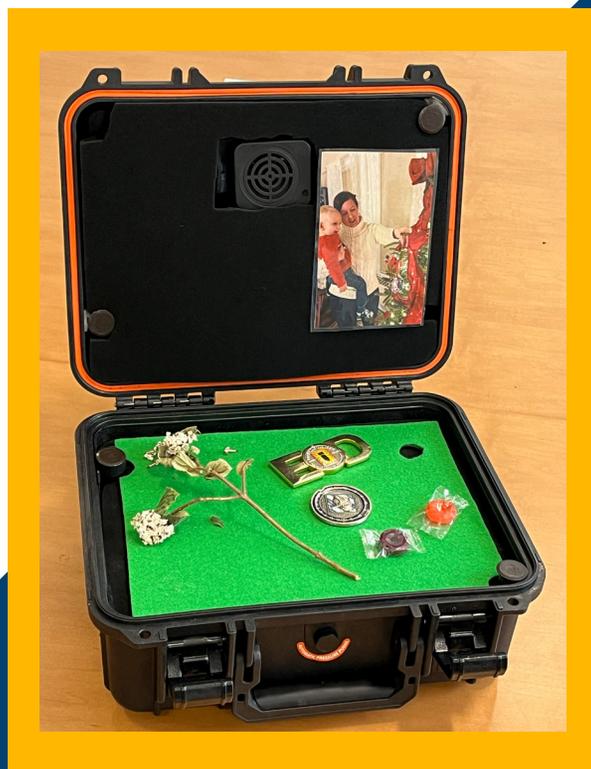
The Lockbox is designed to incorporate all 5 senses. Here are some examples of reminders for **Reasons for Living** categorized by senses:

01 - Sight

- ✓ **Pictures of loved ones, pets, or favorite places:** Visual reminders of the people & places that bring you joy.
- ✓ **Art made by you or your kids/grandkids:** Creative expressions that hold personal significance.
- ✓ **A written list of your reasons for living:** A tangible reminder of what keeps you going.
- ✓ **Inspirational words or motivational messages:** Quotes or scripture that uplifts you.

02 - Sound

- ✓ **Voicemails from a loved one or friend:** Hearing their voice can be very comforting.
- ✓ **Words of encouragement from yourself:** A personal message to remind you of your strength & resilience.
- ✓ **A favorite song:** Draw upon an important moment or get strength to push through this challenge.



03 - Touch

- ✓ **A souvenir from a favorite vacation:** An object that brings back happy memories like a beach pebble.
- ✓ **A small craft or gift:** Something you can hold that reminds you of their love.

04 - Scent

- ✓ **A calming scent:** A few drops of essential oil on a cotton ball or car air freshener to provide a soothing aroma.
- ✓ **The scent of a loved one:** Your child's baby shampoo or your spouse's perfume.

05 - Taste

- ✓ **Your favorite candy:** A sweet treat thing brings you comfort.
- ✓ **A shelf-stable treat:** Homemade moose jerky that reminds you of hunting with your dad.