

Veterans Crisis Line



1-800-273-8255

PRESS 1

• • Confidential chat at VeteransCrisisLine.net or text to 838255 • •

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RECOGNIZE THE SIGNS OF SUICIDE RISK

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of these signs requires immediate attention.

Call us if you experience any of these warning signs.



U.S. Department
of Veterans Affairs