We Care!

We Want To Help!

We Can Help!

1-800-273-TALK (8255)

Pick up the phone if you are experiencing an emotional crisis and need to talk to a trained VA professional.

You'll be immediately connected with a qualified caring provider who can help.

VETERANS:

Call the National Suicide toll-free hot-line number

1-800-273-TALK (8255)

Suicide Prevention

MEN & WOMEN VETERANS

KNOW THE WARNING SIGNS OF SUICIDE

Call the National Suicide toll-free hot-line number

1-800-273-TALK (8255)

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SEPT 2007

Department of Veterans Affairs

Did you know… Returning veterans may be at a higher risk of suicide?

All veterans including you are our #1 priority !

VA
Cares About You.

Call

1-800-273-TALK (8255)

Recognize the Suicide Warning Signs

- 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.

The presence of these signs requires immediate attention.

Don't wait

Call

1-800-273-TALK (8255)

Immediately!

Additional warning signs may include

- 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

Call us if you experience any of these warning signs.

Don't delay

Call

1-800-273-TALK (8255)