



KNOW THE WARNING SIGNS

Suicide prevention begins with awareness and support

There are many reasons that someone could experience an emotional or mental health crisis. For some, it might be the end of a personal relationship or the loss of a job. For others, multiple circumstances occur at the same time to create a complex crisis.

No matter the cause of the crisis, not everyone at risk for suicide will show signs of intent to harm themselves. Familiarize yourself with the actions or statements that can be signs that a person needs help or is considering self-harm. The following can all be warning signs:

- **Appearing sad or depressed most of the time**
- **Hopelessness; feeling like there's no way out**
- **Anxiety, agitation, or extreme mood swings**
- **Sleeping too little or too much**
- **Feeling as if there is no reason to live**
- **Feeling excessive guilt, shame, or sense of failure**
- **Rage or anger**
- **Engaging in risky activities; Behaving recklessly**
- **Losing interest in hobbies, work, or school**
- **Increasing alcohol or drug use**
- **Neglecting personal welfare; a deteriorating physical appearance**
- **Withdrawing or isolating from family and friends**
- **Showing violent behavior**
- **Giving away prized possessions**
- **Getting affairs in order, tying up loose ends, or writing a will**

The following signs require immediate attention:

- Thinking or talking about hurting or killing oneself
- Looking for means to kill oneself

Living in a home with a firearm can significantly increase the risk for self-harm. Safely storing any firearms in the home can put time and space between thoughts and actions — and could save a life.



U.S. Department
of Veterans Affairs

**Veterans
CrisisLine**



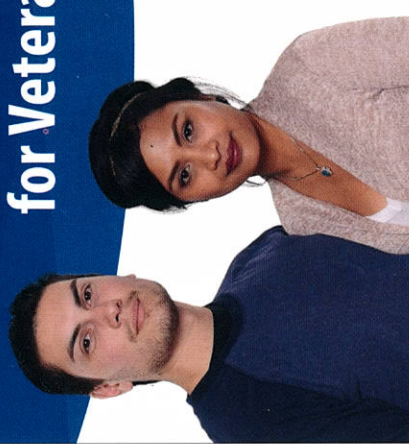
1-800-273-8255
PRESS 1

**NATIONAL
SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org



KNOW WHERE TO GET SUPPORT

If you or someone you know is experiencing a crisis, contact the **National Suicide Prevention Lifeline** or the **Veterans Crisis Line**. Responders at these hotlines provide immediate counseling and support and can connect you with local services.



#BeThere for Veterans

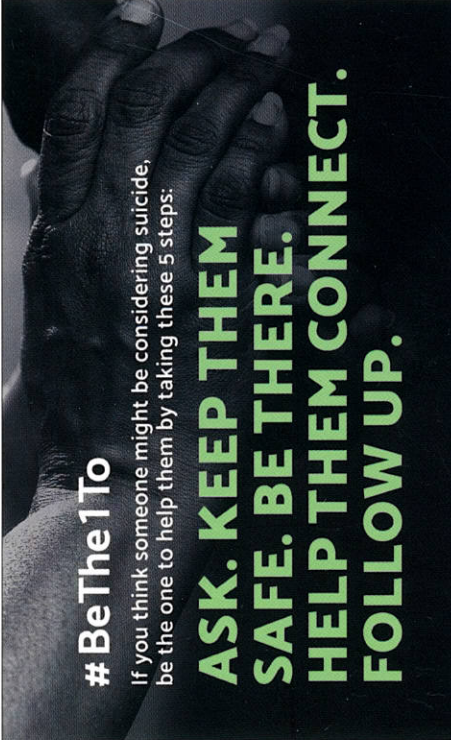
Veterans Crisis Line

1-800-273-8255
PRESS 1

Confidential crisis chat at
VeteransCrisisLine.net



U.S. Department
of Veterans Affairs



#BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

Find out why this can save a life at
www.BeThe1To.com
If you're struggling, call the Lifeline at
1-800-273-TALK (8255)

