

**We Care!**

**We Want To Help!**

**We Can Help!**



*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)**

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**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)**

*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.**

## **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)**

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***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)**