

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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**MEN & WOMEN
VETERANS**

**KNOW THE
WARNING
SIGNS
OF SUICIDE**

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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

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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

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