

Veterans Crisis Line

1-800-273-8255 Press #1

**Confidential crisis chat at
[VeteransCrisisLine.net](https://www.veteranscrisisline.net) or text to **838255****

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

**Contact us if you experience
any of these warning signs.**