

# Suicide is **preventable** and support is **available**.

The end of a personal relationship. The loss of a job. Everybody faces difficult times in life, and people cope with stressful situations in different ways. When emotional issues reach a crisis point, the Veterans Crisis Line is available 24/7. Every Veteran is different, and many may not show any signs that they're thinking about suicide. But some actions and behaviors can be a sign they need help.

## Recognize the signs of suicide risk

Take immediate action and call 911 if you experience any of these **crisis** 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, risky use of weapons, etc.

Contact the Veterans Crisis Line if you experience any of these **warning** signs:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there's no reason to live
- Feeling like you're a burden to friends or loved ones
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

## Securely storing guns and medication can help keep Veterans and their families safe

Because many suicidal crises are brief, safe storage practices can save a life by increasing the amount of **time** and **distance** between someone having a suicidal crisis and access to a firearm or medication.

VA's Keep It Secure program (**KeepItSecure.net**) promotes awareness about secure firearms and medication storage, the warning signs of suicide, and how to find the support you or a Veteran loved one needs.

**!** REMEMBER: Veterans can request a free gun lock from their local suicide prevention coordinator (SPC). Find your SPC at [VeteransCrisisLine.net/Find-Resources/Local-Resources](https://www.VeteransCrisisLine.net/Find-Resources/Local-Resources).



Dial **988** then **Press 1**

Chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat)

Text **838255**



Veterans don't have to be enrolled in VA benefits or health care to use these resources.

## VA offers resources for *all* Veterans and their loved ones

The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. Our responders can connect you with the resources you need.



Chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat)  
Text **838255**

### How the Veterans Crisis Line works



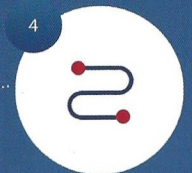
Available 24/7:  
Dial 988 then Press 1,  
chat live, or text 838255.



A caring, qualified  
responder will listen  
and help.



Your call is free and  
confidential, and you  
decide how much  
information to share.



Support doesn't end with your  
conversation. Our responders  
connect you with resources that  
can help when you're in distress.

### **VA Local Resources ([VeteransCrisisLine.net/LocalResources](https://www.VeteransCrisisLine.net/LocalResources)):**

No matter what you're experiencing, we're here to connect you with resources and support systems to help.

**Make the Connection ([MakeTheConnection.net](https://www.MakeTheConnection.net)):** More than 600 Veterans and family members from across the country have shared their stories of strength and recovery. It only takes a few seconds to find a story just for you.

**Mental Health America ([mhanational.org](https://www.mhanational.org)):** Learn how mental health is a critical part of overall wellness and find out about prevention services, early identification and intervention, and integrated care, services, and support.

**Give an Hour ([giveanhour.org](https://www.giveanhour.org)):** Veterans, service members, and their loved ones can find free mental health services, discover ways to increase mental health literacy, and learn how to identify and address barriers that prevent people from getting the support they need.

**VA Mental Health ([MentalHealth.VA.gov](https://www.MentalHealth.VA.gov)):** VA's repository of mental health and suicide prevention resources, information, and data materials.