



Veterans
Crisis Line
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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 is no reason to live
- Rage or anger
- · Engaging in risky activities without thinking

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- Increasing alcohol or drug abuse
- · Withdrawing from family and friends

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