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RECOGNIZE THE SIGNS OF SUICIDE

- · Thinking about hurting or killing yourself
- · Looking for ways to kill vourself
- · Talking about death, dying, or suicide
- · Self-destructive behavior such as drug abuse, weapons, etc.

Take immediate action and call 911 if you notice any of these crisis 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
- · Increasing alcohol or drug abuse
- · Withdrawing from family and friends

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



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