

YOU PROTECTED US.

LET US WALK WITH YOU.



PREVENT VETERAN SUICIDE

TO KEEP YOURSELF SAFE

- Ask for help. Don't be afraid to let your family and friends know what you need. They want to help. You can also reach out to confidential 24/7 services using the information below.
- Find a support group. Talk to other veterans who have gone through the same kind of trauma you have.
- Make a safety plan. Work through the steps if you feel depressed, suicidal, or in crisis.

TO GIVE HELP OR GET HELP

- Dial **988** to reach the Suicide & Crisis Lifeline, and **press 1** if you are in the Military or are a Veteran.
- Text "**NOW**" to 838255 to chat via text message.
- Visit www.veteranscrisisline.net to learn about suicide signs and prevention resources.
- Ask trusted friends or family for help, find a support group, access health or Veterans services, and keep yourself safe.
- Call **911** if you or someone you know is in immediate danger.

#WENEEDYOUHERE

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Protective Factors

- *Positive coping & social skills, such as decision-making, problem-solving, and anger management*
- *Good health and access to mental and physical health care*
- *Strong connections & support from culture, friends, family, community and pets*
- *Positive beliefs about life and the future*
- *Engagement in community & cultural activities (volunteering, sweat, pow wows, storytelling etc.)*
- *Spirituality and faith*
- *Traditional healing ceremonies*
- *Sense of belonging*

Recognize the warning signs

- *Thinking or talking about hurting or killing yourself*
- *Self-destructive or risky behavior such as drug and alcohol abuse*
- *Erratic behavior*
- *Hopelessness*
- *Feeling like there's no way out*
- *Anxiety, sleeplessness, mood swings*
- *Withdrawing from family and friends*
- *Expressing feelings of guilt or shame*
- *Neglecting personal welfare, deteriorating physical appearance*

Firearm safety for Veterans and their Families

Firearms are a common means of suicide, so storing them safely can help protect the lives of Veterans and their family members. Use gun locks and gun safes, and limit the number of people who know where the key is or what the combination is. To access free or low-cost firearm locks and safes, contact your local VA medical center: <https://www.va.gov/directory/guide/>.



www.npaihb.org

