

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.



www.npahlb.org



This marketing document was developed, in part, under grant numbers 5M061780 and 5M082106 from SAMHSA. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS, and should not be construed as such.

YOU PROTECTED US.

LET US WALK
WITH YOU.



#WENEEDYOUHERE

PREVENT VETERAN SUICIDE

KNOW 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

ACTIONS YOU CAN TAKE TO HELP

- Be aware of warning signs.
- Know how to contact emergency help when needed. Be supportive and non-judgmental to your loved one.
- Stay involved, ask questions, and express your concern to professionals.
- Learn about treatment options like inpatient or outpatient care.
- Help your loved one through treatment transitions. Pay close attention to their safety plan.

SUPPORT FOR CAREGIVERS

- Coaching Into Care: **1-800-832-7458**, M-F 8 AM to 8 PM (EST) National VA service aims to educate, support, and empower families and friends who are seeking care for a Veteran.
Online: <https://www.mireccva.gov/coaching/>
- VA Caregiver Support Line: **1-855-260-3274**
Online: <https://www.caregiver.va.gov>

Contact your local family caregiver support coordinator at a VA medical center near you.
- Helping You Help Veterans Support Center: **1-844-PsychARMor (779-2427)**
Online: <http://caregiver.psycharmor.org/#iwow-intro>