

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.npahb.org



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A photograph of a man with a beard and short hair, wearing a green t-shirt, hugging a brown dog. The background is a teal color with a geometric pattern.

YOU PROTECTED US.
LET US WALK WITH YOU.

#WENEEDYOUHERE
PREVENT 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: **1-888-823-7458**, 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.mirecc.va.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>