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Chat at VeteransCrisisLine.net/Chat • Text 838255 Confidential support is available 24/7.



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> Veterans Crisis Line

DIAL 988 then PRESS

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Veterans Crisis Line

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Take immediate action and

of these crisis signs:

killing yourself

or suicide

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Thinking about hurting or

call 911 if you experience any

· Looking for ways to kill yourself

such as drug abuse, risky use

Take immediate action and

· Looking for ways to kill yourself

such as drug abuse, risky use

· Talking about death, dying,

Self-destructive behavior,

of weapons, etc.

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

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RECOGNIZE THE SIGNS OF SUICIDE RISK

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U.S. Department of Veterans Affairs

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U.S. Department of Veterans Affairs

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Withdrawing from family and friends

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RECOGNIZE THE SIGNS OF SUICIDE RISK

Rage or anger

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