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



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Veterans Crisis Line

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Veterans Crisis Line

Chat at VeteransCrisisLine.net/Chat • Text 838255

Confidential support is available 24/7.

Confidential support is available 24/7.





Thinking about hurting or

· Talking about death, dying,

Self-destructive behavior such

as drug abuse, weapons, etc.

Take immediate action and

call 911 if you notice any of

these crisis signs.

· Looking for ways to kill

killing yourself

yourself

or suicide

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## Hopelessness, feeling like there's no way out

**RECOGNIZE THE SIGNS OF SUICIDE** 

- Anxiety, agitation, sleeplessness, mood swinas · 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.

· Hopelessness, feeling like there's no way out

Engaging in risky activities without thinking

Anxiety, agitation, sleeplessness, mood

· Feeling like there is no reason to live

Increasing alcohol or drug abuse

Withdrawing from family and friends

**Contact the Veterans Crisis Line if you** 

experience any of these warning signs.

U.S. Department of Veterans Affairs



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· Thinking about hurting or killing yourself

killing yourself

vourself

or suicide

Looking for ways to kill

Talking about death, dying,

Self-destructive behavior such

as drug abuse, weapons, etc.

Take immediate action and

call 911 if you notice any of

these crisis signs.

- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
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Take immediate action and

call 911 if you notice any of these crisis signs.

· Thinking about hurting or

Looking for ways to kill

Talking about death, dying,

· Self-destructive behavior such

as drug abuse, weapons, etc.

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### **RECOGNIZE THE SIGNS OF SUICIDE** Thinking about hurting or

- Hopelessness, feeling like there's no way out Anxiety, agitation, sleeplessness, mood
- swinas · 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.

· Anxiety, agitation, sleeplessness, mood

• Engaging in risky activities without thinking

**Contact the Veterans Crisis Line if you** 

experience any of these warning signs.

· Feeling like there is no reason to live

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swings

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Rage or anger

- **RECOGNIZE THE SIGNS OF SUICIDE RECOGNIZE THE SIGNS OF SUICIDE** · Hopelessness, feeling like there's no way out
  - · Thinking about hurting or killing yourself
  - Looking for ways to kill yourself Talking about death, dying,
  - or suicide
  - · Self-destructive behavior such
  - · Increasing alcohol or drug abuse as drug abuse, weapons, etc. Withdrawing from family and friends
    - Take immediate action and call 911 if you notice any of these crisis signs.

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swings

Rage or anger

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- **RECOGNIZE THE SIGNS OF SUICIDE** 
  - · 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.

Anxiety, agitation, sleeplessness, mood

· Engaging in risky activities without thinking

Feeling like there is no reason to live

· Increasing alcohol or drug abuse

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swinas

Rage or anger

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- · 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, weapons, etc.

Take immediate action and call 911 if you notice any of these crisis signs.

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- · Hopelessness, feeling like there's no way out
  - Anxiety, agitation, sleeplessness, mood swinas
  - · Feeling like there is no reason to live Rage or anger
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  - Withdrawing from family and friends

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

- · Thinking about hurting or · Hopelessness, feeling like there's no way out
- Looking for ways to kill
- · Self-destructive behavior such as drug abuse, weapons, etc.

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

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 Withdrawing from family and friends cut here second

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- · 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, weapons, etc.

Take immediate action and call 911 if you notice any of

experience any of these warning signs.

 Withdrawing from family and friends these crisis signs.

**RECOGNIZE THE SIGNS OF SUICIDE RECOGNIZE THE SIGNS OF SUICIDE** 

- killing yourself
  - yourself

· Talking about death, dying, or suicide

Take immediate action and

call 911 if you notice any of these crisis signs.

Contact the Veterans Crisis Line if you U.S. Department of Veterans Affairs

**RECOGNIZE THE SIGNS OF SUICIDE** · Hopelessness, feeling like there's no way out · Anxiety, agitation, sleeplessness, mood swings

- · Feeling like there is no reason to live Rage or anger

Increasing alcohol or drug abuse

· Engaging in risky activities without thinking