

TO GIVE HELP OR GET HELP

- Call **911** if you or someone you know is in immediate danger.
- Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** 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.



www.npaihb.org



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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.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>