

# SUICIDE

INFORMATION FOR VETERANS



# *Suicide*

Are you or someone you know having thoughts of suicide? Suicidal thoughts may occur for a number of reasons, including depression, shame, guilt, desperation, physical pain, emotional pressure, anxiety, financial difficulties and other personal situations. If you are thinking about suicide or are exhibiting warning signs such as:

- Being depressed or sad.
- Talking or writing about death or suicide.
- Withdrawing from family and friends.
- Feeling helpless or hopeless.
- Feeling strong anger or rage.
- Experiencing dramatic mood changes.
- Abusing drugs or alcohol.
- Behaving impulsively.
- Losing interest in most activities.
- Giving away prized possessions.
- Acting recklessly

**Contact the Suicide Hotline at:  
800-273-8255 (273-TALK)  
– veterans, press 1.**

There are counselors on duty 24 hours a day standing by to help.

You're not alone – your fellow veterans care about you!  
Make the call.

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