



Call the Veterans Crisis Line at 988 and then press 1 or go to the nearest emergency room if you're having immediate thoughts of suicide.



Ask the Question: Recognizing Suicide Warning Signs in Yourself as a Veteran

If you're a veteran thinking about suicide, there is help. You served honorably, you powered through any number of stressful situations and now you're feeling overwhelmed. What you're feeling is a normal reaction to extraordinary experiences. You are not alone.

Post-traumatic stress disorder (PTSD) is common among veterans. It's not a sign of weakness, it does not define you and it's not something only combat veterans get. It can result from non-combat events like military sexual trauma or other stressors experienced before, during or after your military service. Its effects can be immediate or build over time, but you don't have to suffer alone.

You can also text 838255 or log onto [VeteranCrisisLine.net](https://www.veteranscrisisline.net) to chat with a trained Veterans Crisis Line responder.

Certain thoughts and actions can be signals that let you know you may need help.

Warning signs include:

- Thinking about taking your own life
- Planning on how you may attempt it
- Talking or writing about dying from suicide

Feelings that indicate that you need help include:

- That death is the only solution
- A pressing need to make out your will or arrange your funeral
- Anxiety
- Loss of interest in doing things you usually enjoy
- Humiliation or shame
- Agitation, aggression, irritation or anger

Behaviors that may signal risk:

- Increased use of alcohol or drugs
- Giving away things you own
- Taking part in risky behaviors, such as drinking and driving or having sex with strangers
- Withdrawing from activities or relationships
- Developing a plan of how you might attempt suicide