

Suicide Prevention Month - Are you prepared?

September 24, 2021



People can experience an emotional or mental health crisis due to a wide range of situations. For some, it might be the end of a personal relationship. For others, it might be the loss of a job. For veterans, these crises can be heightened by their experiences during military service.

When emotional issues reach a crisis point, veterans and their loved ones should contact the Veterans Crisis Line.

Many veterans may not show any signs of intent to harm themselves before doing so, but some actions can be a sign that a person needs help. Veterans in crisis may show behaviors that indicate a risk of self-harm. The following can all be warning signs:

- * Appearing sad or depressed most of the time
- * Hopelessness; feeling like there's no way out
- * Anxiety, agitation, sleeplessness or mood swings
- * Feeling as if there is no reason to live
- * Feeling excessive guilt, shame or sense of failure
- * Rage or anger

- * Engaging in risky activities without thinking
- * Losing interest in hobbies, work or school
- * Increasing alcohol or drug misuse
- * Neglecting personal welfare; a deteriorating physical appearance
- * Withdrawing from family and friends
- * Showing violent behavior, like punching a hole in the wall or getting into fights
- * Giving away prized possessions
- * Getting affairs in order, tying up loose ends, or writing a will

The following signs require immediate attention:

- * 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 a Self-Check Quiz:

<https://www.veteranscrisisline.net/education/signs-of-crisis>

Crisis, stress, depression and other issues affect people in different ways. If you feel like you might be heading toward a crisis, treatment can help.