



About the VA Veterans Crisis Line and Veterans Chat

(reminder notice)

VA offers a Veterans Crisis Line staffed by trained professionals. The Crisis Line is available 24 hours a day to help in an immediate crisis.

There is also a Chat Service where Veterans can have one-to-one conversations with Crisis Line counselors.

If you are concerned that someone in your life might be considering suicide, watch for the following key warning signs:

- Talking about wanting to hurt or kill oneself
- Trying to get pills, guns, or other means of self-harm
- Talking or writing about death, dying, or suicide
- Exhibiting signs of hopelessness
- Exhibiting rage, uncontrolled anger, or desire to seek revenge
- Acting in a reckless or risky way
- Feeling trapped, as if there is no way out
- Saying or feeling that there's no reason for living

Remember: The Veterans Crisis Line can provide support at 1-800-273-TALK (8255) or http://www.mentalhealth.va.gov/suicide_prevention.

Give the Crisis Line number or website to anyone you know who is exhibiting warning signs.