

▶▶ Suicide Prevention Resources for Veterans

Know what to look for and who to call

Recognize the Signs of Suicide Risk

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- 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
- Withdrawing from family and friends

Call any of the provided numbers if you experience any of these warning signs. The presence of these signs requires immediate attention.



THE VETERAN PEER ACCESS NETWORK

dmh.lacounty.gov/veterans veterans@dmh.lacounty.gov

SERVICES AVAILABLE

- ▶ **LA County DMH Veterans Helpline**
1.800.854.7771
1.562.651.2549 (TDD/TTY)
- ▶ **Military/Veterans Crisis Line**
1.800.273.8255 EXT.1
Confidential chat at MilitaryCrisisLine.net
or text 838255
- ▶ **National Suicide Prevention**
1.800.273 (TALK (8255))
1.888.628.9454 (SPANISH)
- ▶ **Didi Hirsch's Suicide Prevention Center**
1.877.7.CRISIS
1.877.727.4747
- ▶ **California Youth Crisis Line Teen Line**
1.800.852.8336
1.310.855.4673
- ▶ **The Trevor Project (LGBTQ Youth)**
1.866.4.U.TREVOR
1.866.488.7386



LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.