

Suicide Prevention: Know When to Ask for Help

Sometimes problems seem like they're impossible to solve. Sometimes we're not even fully aware a problem is building up. We just know something is wrong.

When problems build up, even the strongest person may think about suicide. But suicide is not the answer. Are you, or someone you know, at risk for suicide?

Seek help if you notice any of the following warning signs:

- **Threatening to hurt or kill oneself**
- **Looking for ways to kill oneself**
- **Trying to get pills, guns, or other means to harm oneself**
- **Talking or writing about death, dying, or suicide**
- **Feeling hopeless**
- **Experiencing rage, uncontrolled anger, or seeking revenge**
- **Acting reckless or engaging in risky activities**
- **Feeling trapped, like there's no way out**
- **Abusing drugs or alcohol**
- **Withdrawing from friends or family**
- **Having dramatic changes in mood**
- **Feeling like there's no reason for living, no sense of purpose in life**
- **Sleeping too much or too little**
- **Giving away possessions**

If you are experiencing any of these warning signs, the first thing to do is ask for help. Asking for help can be as easy as picking up the phone and calling the Veterans Suicide Prevention Hotline at **1-800-273 TALK (8255) and pressing Option 1**. The hotline is staffed around the clock, 365 days a year, by trained professionals who know how to get you the help you need.

http://www.mentalhealth.va.gov/suicide_prevention

