



## BE SMART ABOUT MENTAL HEALTH.

Depression, PTSD, Bipolar, substance use disorder: these and other mental health conditions are serious illnesses, and if left untreated they can kill even the toughest soldiers. No combat necessary: more than half of military suicides involve soldiers who have never been deployed.

If you think you may be depressed, talk to a mental health professional ASAP—the sooner you treat the illness, the faster you'll recover. If you are worried about someone, assume you are the only one who will reach out, and encourage them to get treatment.



## RESOURCES

### Military Crisis Line

- 📞 1-800-273-TALK (8255)  
Press 1  
Phone or Text 24/7
- 🌐 [veteranscrisisline.net](http://veteranscrisisline.net)

### Vets 4 Warriors

- 📞 855-838-8255
- 🌐 [vets4warriors.com](http://vets4warriors.com)

### Office of Warrior Care Policy

- 🌐 [warriorcare.dodlive.mil](http://warriorcare.dodlive.mil)

### InTransition

- 📞 1-800-424-7877
- 🌐 [intransition.dcoe.mil](http://intransition.dcoe.mil)

### Military One Source

- 📞 1-800-342-9647
- 🌐 [militaryonesource.mil](http://militaryonesource.mil)

### Tragedy Assistance Program for Survivors [TAPS]

- 📞 1-800-959-8277
- 🌐 [taps.org](http://taps.org)



AMERICAN FOUNDATION FOR  
Suicide Prevention

[afsp.org](http://afsp.org)

## PREVENTING SUICIDE IN MILITARY FAMILIES



AMERICAN FOUNDATION FOR  
Suicide Prevention

# SUICIDE WARNING SIGNS

## TALK

### If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

## MOOD

### People who are considering suicide often display one or more of the following moods.

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation
- Rage

## BEHAVIOR

### Behaviors that may signal risk, especially if related to a painful event, loss, or change.

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

## WARNING SIGNS SPECIFIC TO MILITARY

- Cleaning a souvenir weapon
- Visiting graveyards
- Obsession with news coverage of the war, or the military channel
- Wearing uniform off duty
- Being overprotective of children
- Standing guard of the house, obsessively locking doors and windows
- Stopping or hoarding medication
- Hoarding alcohol
- Defensive speech: “You wouldn’t understand”
- Avoiding eye contact
- Avoiding people

If you're thinking about killing yourself, call the **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**. Press 1 for Military and Veterans.

If a friend tells you they are thinking about killing themselves, take it seriously.

Someone considering suicide is experiencing a life-threatening health crisis and may not believe they can be helped. Work with them to keep them safely away from lethal means like firearms and drugs, and remind them that their suffering is temporary. Stay with them and call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255). Be sure to follow up with them after the crisis to see how they're doing.

