

# Veteran suicide prevention

If you're a Veteran in a mental health crisis and you're thinking about hurting yourself—or you know a Veteran who's considering this—act now. You're not alone, and you can get help.

## **How do I talk to someone right now?**

[Find out how to get support anytime day or night.](#) ▾

## **Where can I turn for ongoing support?**

**You can find ongoing support through VA to help you get your life back on track:**

- **Our specially trained suicide prevention coordinators**—available in each VA medical center across the country—can help you get the counseling and services you need.
- **Our Vet Centers** can help you—and your family—readjust to life at home after you've returned from serving in a combat zone.
- **Our Veterans Benefits Administration offices** can help you access benefits for disability compensation (monthly payments), job training, home loans, and more.

[Find these and other resources near you](#)

**You can also find information and support on our websites:**

- Get information about suicide prevention and the support we offer.  
[Visit our suicide prevention website](#)
- Go to our Make the Connection website to get resources and watch stories of Veterans who've overcome depression and other mental health challenges.  
[Visit Make the Connection](#)

## **What are the signs that someone may be considering suicide?**

Many Veterans don't show any signs of an urge to harm themselves before doing so. But some may show signs of depression, anxiety, low self-esteem, or hopelessness, like:

- Seeming sad, depressed, anxious, or agitated most of the time
- Sleeping either all the time or not much at all
- Not caring about what they look like or what happens to them
- Pulling away from friends, family, and society
- Losing interest in hobbies, work, school, or other things they used to care about
- Expressing feelings of excessive guilt or shame, failure, lack of purpose in life, or being trapped

They may also change the way they act, and start to:

- Perform poorly at work or school
- Act violently or take risks (like driving fast or running red lights)
- Do things to prepare for a suicide (like giving away special personal items, making a will, or seeking access to guns or pills)

[Get the full list of signs that someone may be considering suicide](#)

Learn about common suicide myths and realities, Veteran-specific suicide risks, and warning signs.

[Recognize when to ask for help](#)

[Take our Veterans self-check quiz](#)