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