This project is sponsored by the US Army

Medical Research and Materiel Command (USAMRMC)

**Warning signs of suicide include:**

* Thinking about hurting or killing self
* Trying to get pills, guns, or other means to harm self
* Inability to sleep or sleeping all the time
* Withdrawing from friends or family
* Increasing alcohol or drug use
* Feeling trapped, like there’s no way out
* Increased rage or anger
* Feeling like there is no reason for living

Address:

Phone:

Principle Investigator:

# Health Information

# and Resources

### If you are having thoughts of suicide, the most important thing to remember is that there is help, and that help works.



**Protective factors are skills, strengths, or resources that help people deal more effectively with stressful events.**

* Strong connections to friends, family, supportive significant others, and other Veterans.
* Good health and access to mental and physical health care
* Access to a variety of clinical interventions and support for help seeking
* Opportunities to participate in and contribute to school, work, or the community.
* Cultural, religious, or spiritual beliefs
* Positive social skills, such as decisions-making, problem solving, and anger management.



**Protective Factors**

**VA SUICIDE PREVENTION HOTLINE**

**1- 800-273-TALK (8255)**

Press “1” for Veterans

24 hours a day, 7 days a week

**Did you know that using drugs and alcohol can…**

* Affect your mood and your thinking while using and after using?
* Get you in legal or financial trouble, and hurt your relationships?
* Result in serious injury to your or other people?
* Mess up your chances with a job?
* Increase your risk of getting HIV or STDs?

**Warning signs of a problem with drugs or alcohol include:**

* Using often
* Advice from a health care provider not to use prescription medication or drink
* Having frequent hangovers or feeling sick when you don’t use
* Feeling run-down, depressed, or even suicidal
* Having "blackouts" -- forgetting what you did while using
* Giving up activities or avoiding your friends and family who don't use

**What resources are available?**

*If you are experiencing an immediate medical or suicidal crisis, please call 911 or go to the nearest Emergency Room.*

This crisis line is a toll-free, confidential resource that connects Veterans in crisis with qualified, caring VA responders, even if you are enrolled in VA health care.

You can also chat confidentially online at www. VeteransCrisisLine.net

or

Send a text message to 838255 to receive free, confidential support.

**Alcohol, Drug or Mental Health Resources**

* Alcoholics Anonymous [AA]

[www.aa.org](http://www.aa.org)

* Alcohol and Drug Abuse Hotline

1-(866)-675-4912 (24 Hours)

* Substance Abuse Treatment Facility Locator:

1-(800)-662-4357

<http://findtreatment.samhsa.gov>

* VA Mental Health Home Web Page

<http://www.mentalhealth.va.gov>

**Substance Use**

### Did You Know?