



**YOU ARE
WORTH
THE
BATTLE**

If you are a Veteran or know a Veteran in suicidal crisis or having behavioral health issues, get help **IMMEDIATELY**.

Resources are available 24/7

VETERAN CRISIS LINE

Dial 988 | Press 1

Text 838255

veteran Crisis Line.net

MISSOURI BENEFITS & RESOURCE PORTAL

veteranbenefits.mo.gov

MENTAL HEALTH SERVICES MAP

dmh.mo.gov/veterans



Knowing common signs of suicidal crisis can help save a life. If you notice any of these signs then start a conversation.

- Expressions of hopelessness
- Increasing alcohol and drug misuse
- Agitation
- Changes in mood or activities
- Withdrawal



When talking with someone you are concerned about, focus on your own observations and share your feelings about the situation.

- "I've noticed you have been acting differently lately. How are you doing?"
- "I wanted to check in with you because you haven't been yourself lately."
- "I've been worried about you lately."



What should you do if someone tells you they are having suicidal idealizations?

- **DO NOT** leave them alone
- Try to get immediate help
- Reassure them help is available
- Call or text the Veteran Crisis Line

NEVER NEGOTIATE WITH ANYONE WHO HAS A FIREARM. GET TO SAFETY AND CALL 911



**Veterans
Crisis Line**
DIAL 988 then **PRESS 1**