

# You are not alone. Help is available.

The challenges of transitioning from a life in uniform to one without, post-traumatic stress, traumatic brain injuries and physical disabilities can take a toll. They can lead to difficulties finding a job, getting healthcare and housing, maintaining relationships and overall well-being. It's okay to ask for help. If you or someone you know is struggling with mental health or suicidal thoughts, dial 988.

## Feeling?



Empty, hopeless, trapped or having no reason to live



Extremely sad, more anxious, agitated or full of rage



Unbearable emotional or physical pain



Like a burden to others



## Experiencing these warning signs?

- Thoughts of death or self-harm
- Drastic changes in mood, behavior, personality or sleeping habits
- Loss of interest in things you usually find enjoyable
- Self-destructive or risk-taking behavior
- Significant weight loss or gain
- Increased use of alcohol or drugs
- Difficulty concentrating or staying still
- Unable to perform usual daily functions and responsibilities

## Worried about yourself or someone you care about?



If you are in crisis, call or text the [Veterans Crisis Line](#) at 988 or text 838255.

Or, call a U.S.VETS professional

- Crisis Intervention Counselor Damara Germon at (771) 210-7356
- Outreach Specialist Peter Irvine at (202) 839-1021

We can refer you to providers to get you the help you need.



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Source: U.S. Dept. of Veterans Affairs, National Institute of Mental Health, Centers for Disease Control