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 Elijah McBride at (202-815-2959)
- 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