Recognize the warning signs

- Feelings of loneliness, isolation, hopelessness and depression
- Thoughts of death or self-harm
- Drastic changes in mood, behavior, personality or sleeping habits
- Loss of interest in usually enjoyable things
- 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

Where to find help

As the recipient of a Staff Sergeant Parker Gordon Fox Suicide Prevention Grant, funded by the Department of Veterans Affairs, U.S.VETS provides eligible veterans and their families case management, crisis intervention and referrals to any mental health-related services.

- Crisis Intervention Counselor Elijah McBride at (202-815-2959)
- Outreach Specialist Peter Irvine at (202) 839-1021

The factors that contribute to suicide deaths are multiple and complex. Preventing these deaths requires that support systems, services and resources work together to promote wellness and help veterans successfully navigate these challenges.