

Signs of suicide risk may include:

- ◆ Thinking about hurting or killing yourself
- ◆ Acting recklessly
- ◆ Talking about death, dying, or suicide
- ◆ Withdrawing from activities, friends, and family
- ◆ Sleeping too much or too little
- ◆ Hopelessness, feeling like there's no way out
- ◆ Anxiety, agitation, sleeplessness, mood swings
- ◆ Increasing alcohol or drug abuse
- ◆ Feeling like a burden, or like you're trapped

If you or anyone you know are experiencing warning signs like these, please reach out for assistance.

Source: Veterans Crisis Line www.veteranscrisisline.net

American Foundation for Suicide Prevention www.afsp.org