



AMVETS ONE

Leaving No Veteran Behind

Engaging all Veteran Service Organizations and our Community. Together we can save lives by protecting those who protected us.



24/7 CONFIDENTIAL CRISIS SUPPORT

For Veterans and
Their Loved Ones

If you are a Veteran in crisis or concerned about one, connect with our caring, qualified responders for confidential help. Many of them are Veterans themselves. You don't have to be enrolled in VA benefits or health care to connect.

- **DIAL 988** then **Press 1**
- **TEXT 838255** to start a confidential chat
- For TTY if you have hearing loss,
CALL 711 then **988** or call 800-799-4889

VETERANS RESOURCES

Vet Center

www.vetcenter.va.gov

U.S. Department of Veterans Affairs

<https://www.va.gov/>

Need help finding a VA location?

<https://www.va.gov/find-locations>

National Resource Directory

www.nrd.gov

988 Suicide & Crisis Lifeline

www.988lifeline.org

National Institute of Mental Health (NIH)

www.nimh.nih.gov/health/topics/suicide-prevention

Stop Soldier Suicide

<https://stopsoldiersuicide.org/>

RAND Corporation: Suicide Among Veterans

www.rand.org/pubs/perspectives/PEA1363-1.html

PRA: Policy Research Associates

www.prainc.com/22-veteran-suicides-a-day/

American Foundation for Suicide Prevention

www.afsp.org/suicide-prevention-resources/

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/suicide/resources/index.html

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://findtreatment.gov/>

International (links and resources for suicide prevention)

www.medicalnewstoday.com/articles/327007#international-hotlines-and-resources





AMVETS ONE

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Led by AMVETS Department of California Service Foundation 501(c)3 and a dedicated team of AMVETS members from throughout California, AMVETS ONE is a motorcoach tour committed to advocating for Veterans struggling with thoughts of suicide, along with their families and communities. AMVETS ONE travels across our great country to raise money, highlight local resources, and reduce stigma to help prevent Veteran suicide. AMVETS ONE is engaging all Veteran Service Organizations and our Community. **Together we can save lives by protecting those who protected us.**

Scan the QR Code to learn more



RECOGNIZING SIGNS OF CRISIS

Recognizing a crisis in yourself or those you care about can help you know when to find support.

LEARN TO RECOGNIZE SIGNS

Every Veteran is different, and many may not show any signs of intent to harm themselves. But some actions and behaviors can be a sign that they need help. Learn to recognize the signs of crisis so you can support a Veteran going through a difficult time.

WARNING SIGNS

These signs may indicate that a Veteran needs help. If you or a Veteran you know is experiencing any of these, contact the Veterans Crisis Line now: **Dial 988** then Press 1.

- Appearing sad or depressed most of the time
- Hopelessness
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live
- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug misuse
- Losing interest in hobbies, work, or school
- Neglecting personal welfare and appearance
- Withdrawing from family and friends
- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

CRISIS SIGNS

These signs require immediate attention. If you are experiencing any of these and need medical attention, call 911 now. For immediate help in dealing with a suicidal crisis, contact the Veterans Crisis Line: **Dial 988** then Press 1.

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

START A CONVERSATION

You don't have to be an expert to talk to a Veteran facing challenges. You just need to show genuine care and concern. Here are some things to remember:

- It's okay to ask directly: *"Are you thinking about taking your own life?"*
- Asking about thoughts of suicide doesn't increase their suicide risk.
- Remind them you are there for them.
- Listen more than you speak—don't dominate the conversation.
- Let them decide how much to share.
- Make supportive and encouraging comments, don't ask invasive personal questions.
- Don't inject judgment or emotion in the conversation. Stay calm.