Learn to recognize red flags

People can experience an emotional or mental health crisis due to a wide range of situations. For some, it might be the end of a personal relationship. For others, it might be the loss of a job. For Veterans, these crises can be heightened by their experiences during military service.

When emotional issues reach a crisis point, Veterans and their loved ones should contact the Veterans Crisis Line.

Call 1-800-273-8255 and Press 1
Chat online
Text 838255

Many Veterans may not show any signs of intent to harm themselves before doing so, but some actions can be a sign that a person needs help. Veterans in crisis may show behaviors that indicate a risk of self-harm. The following can all be warning signs:

- Appearing sad or depressed most of the time
- Hopelessness; feeling like there's no way out
- 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
- Loss of interest in hobbies, work, or school
- Increasing alcohol or drug misuse
- Neglecting personal hygiene or talking about death
- Withdrawing from family and friends
- Violent behavior, like punching a hole in the wall or getting into fights
- Feeling as if there is no reason to live
- Losing interest in hobbies, work, or school
- Increasing alcohol or drug misuse
- Neglecting personal hygiene
- Withdrawing from family and friends
- Violent behavior
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

The following signs require immediate attention:

- 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, weapons, etc.

Take a Self-Check Quiz

Crisis, stress, depression, and other issues affect people in different ways. If you feel like you might be heading toward a crisis, treatment can help. Take a confidential, anonymous risk assessment to see how you might benefit from VA or community-based services.

Take the quiz

When to Call

If you’re experiencing a crisis or supporting a loved one who is, responders at the Veterans Crisis Line can help.

Find Support Near You

No matter what you are experiencing, there is support for getting your life back on track.

Get Help

About Veterans Crisis Line
What It Is
When to Call
What to Expect
After the Call
Privacy and Security
Contact Us

Education and Advice

Signs of Crisis
Veteran Programs
Veteran Suicide

Show Support

Materials
Video & Radio
Be There

Your personal information and phone number will be used only for referral to local care with your permission, in case of emergency, or as required by law. Click here to view the full terms of service.