



Military members and those connected to the veteran community are not insulated from suicide.

If you are experiencing thoughts of suicide, know that you are not alone. Suicide is a medical emergency and care should be sought immediately by calling 911. Free, confidential resources are instantly available through the Military Crisis Line to aid you if you are in crisis. Call 800-273-8255 and press 1, or chat online now for 24/7 access to trained counselors who understand what service members and military families are coping with.

Some service members may face emotional or psychological concerns such as feelings of anger, isolation, anxiety or guilt following a deployment or as a result of coping with the stress of military life. These reactions, among others, can be common responses to extraordinary events. For some service members, these feelings may be signs of more serious concerns, including depression or posttraumatic stress disorder. Warriors coping with these concerns may feel like there is no escape from their symptoms, which may lead to thoughts of suicide. However, warriors should be assured that tools that encourage resilience and recovery are available and they work.



(Source: <http://www.dodlive.mil/index.php/2011/05/military-health-system-you-are-not-alone/> and <http://www.realwarriors.net/active/treatment/suicidesigns.php> )