



DEPARTMENT OF VETERANS AFFAIRS
Under Secretary for Health
Washington DC 20420

In Reply Refer To:

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Dear Veteran,

If you're experiencing an emotional crisis and need to talk with a trained VA professional, the **National Suicide Prevention toll-free hotline number, 1-800-273-TALK (8255)**, is now available 24 hours a day, seven days a week. You will be immediately connected with a qualified and caring provider who can help.

Here are some suicide warning signs:

1. Threatening to hurt or kill yourself
2. Looking for ways to kill yourself
3. Seeking access to pills, weapons or other self destructive behavior
4. Talking about death, dying or suicide

The presence of these signs requires immediate attention. If you or a veteran you care about has been showing any of these signs, do not hesitate to call and ask for help!

Additional warning signs may include:

1. Hopelessness
2. Rage, anger, seeking revenge
3. Acting reckless or engaging in risky activities, seemingly without thinking
4. Increasing alcohol or drug abuse
5. Feeling trapped -like there's no way out
6. Withdrawing from friends and family
7. Anxiety, agitation, inability to sleep - or, excessive sleepiness
8. Dramatic mood swings
9. Feeling there is no reason for living, no sense of purpose in life

Please call the **toll-free hotline number, 1-800-273-TALK (8255)** if you experience any of these warning signs. We'll get you the help and assistance you need right away!

Sincerely yours,

A handwritten signature in black ink that reads "Michael J. Kussman".

Michael J. Kussman, MD, MS, MACP