

Answering the Call:

If you have a phone, you can help a Veteran in crisis

VA



U.S. Department
of Veterans Affairs

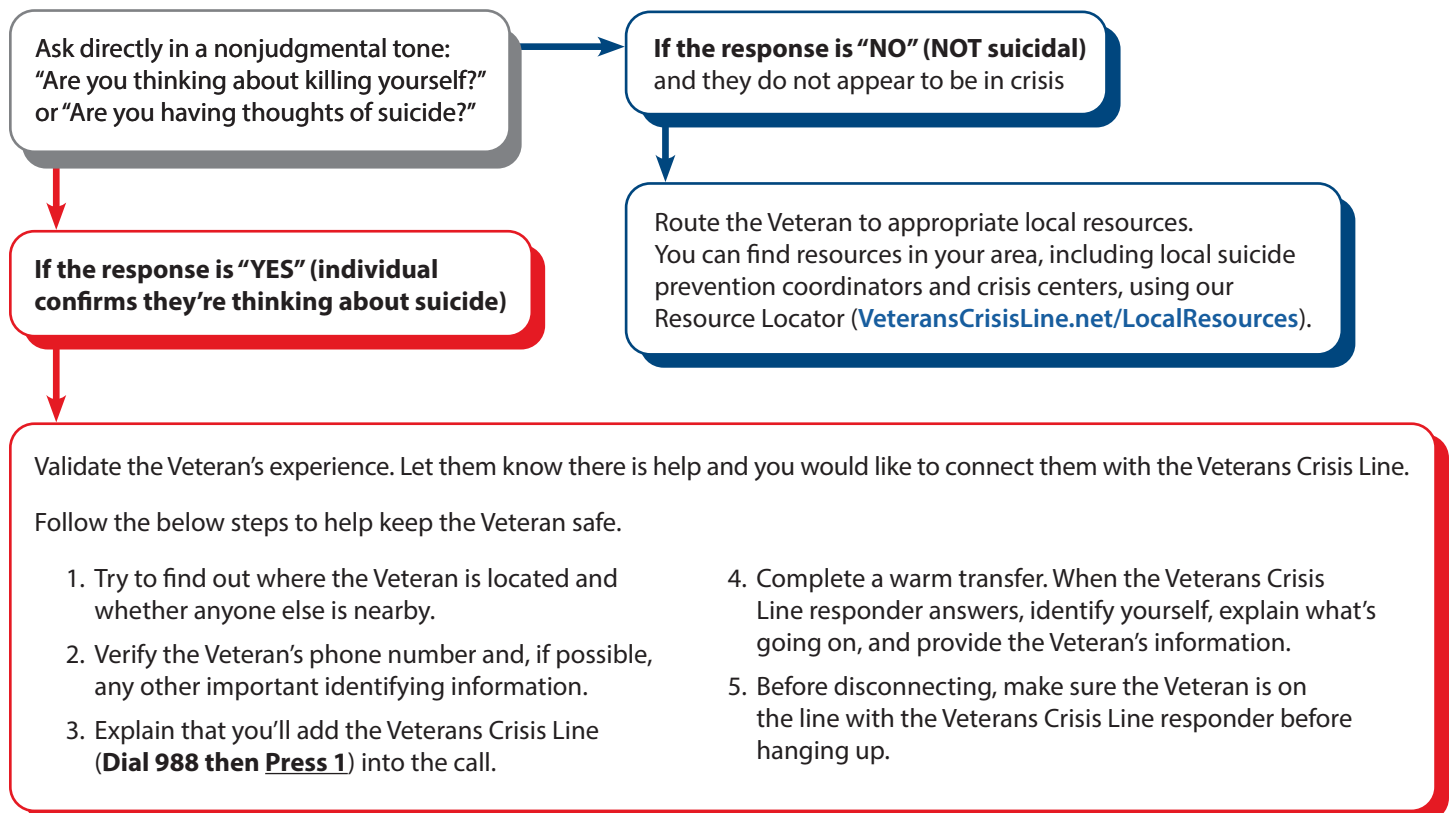
Everyone has a role to play in Veteran suicide prevention, and you don't have to be an expert to talk to a Veteran facing challenges.

A simple phone call can help a Veteran in crisis, whose emotional struggles and health challenges may lead to thoughts of suicide. Talking with a Veteran in crisis may seem daunting, but your conversation can mean the difference between a tragic outcome and a life saved.

When talking to a Veteran in crisis, remain calm and listen for signs of distress or other clues that might indicate they need immediate help.

Examples include:

- Crying, yelling, rage, or anger
- Making concerning statements, such as:
 - "My family would be better off if I wasn't here."
 - "I can't go on like this."
 - "No one can help me."



For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.veteranscrisisline.net).

For more information about VA's suicide prevention resources, visit [MentalHealth.VA.gov/Suicide_Prevention](https://www.mentalhealth.va.gov/suicide_prevention).