



## **SUICIDE PREVENTION**

DoD knows that service and family members are faced with many significant challenges, such as multiple deployments, injury, and loss. These challenges can be stressful and may contribute to mental health issues. If left unchecked, mental health problems can become more serious and may possibly lead to thoughts of suicide. Becoming aware of the warning signs for suicide and how to get help when needed can keep service and family members well and reduce the likelihood that the risk of suicide will become a reality.

### **Military OneSource Crisis Intervention Hotline:**

**From the US:** 800-342-9647

**Outside the US:** (Country Access Code) 800-342-9647 OR call COLLECT 484-530-5908

**TTY/TTD:** 800-346-9188

**En Español:** 877-888-0727

**[Military OneSource online](#)** - Search "*Suicide Prevention*"

**National Suicide Hotline:** 1-800-SUICIDE (1-800-784-2433)

**[National Suicide Prevention Lifeline](#):** 1-800-273-TALK  
(1-800-273-8255) (Veterans Hotline - Press "1")