

**For Emergency Response
Call: 911**

**Mental Health Emergency
Numbers:**

VA Telecare 24 Hour Hotline
1 (877) 252-4866

National Suicide Hotline
1-800-273-TALK (8255)

Suicide Prevention Program
Chat Service for Veterans:

Veterans, family members or
friends can use Veteran Chat on
the Suicide Prevention Web site
www.suicidepreventionlifeline.org

**For more information about
Suicide Prevention:**

www.mentalhealth.va.gov

www.suicidology.org

www.samhsa.gov

www.militaryonesource.com

www.nami.org

www.afsp.org

Contact VA Long Beach:
(562) 826-8000
Or toll free at:
(888) 769-8387

**M.H.T.C.- Mental Health
Treatment Center (formerly
known as P.E.T.S.)**
Mon-Fri, 8:00 A.M.-5:00 P.M.
Ext. 5737

**Suicide Prevention Program:
Coordinator:**
Damisi Graham, Social Worker
Ext. 4648

Case Manager:
Harold Whitaker Rehm, LCSW
Social Worker
Ext. 3002

Case Manager:
Nola McNally, RN, BSN
Nurse Case Manager
Ext. 2272



Suicide Prevention

Do you feel isolated,
disconnected, or depressed?

You are not alone.



- Get the facts
- Take appropriate Action

You could be at Risk for Suicide

These are the Warning Signs:

Seek immediate attention for the following -

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling rage or uncontrolled anger or seeking revenge
- Seeing no reason for living or having no sense of purpose in life
- Feeling trapped – like there's no way out
- Feeling hopeless

- Acting reckless or engaging in risky activities – seemingly without thinking
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Increasing alcohol or drug use

Examples of Increased Suicide Risk:

- Current thoughts of wanting to harm self
- Previous Suicide Attempts
- Family History of Suicide Attempts

- Alcohol/Substance abuse
- Newly diagnosed health problem – symptoms are worsening
- Elderly, young adult, unmarried, white, male, living alone
- Same Sex Orientation

Examples of Decreased Suicide Risk:

- Positive social support (friends, therapist/medical provider, supportive spouse/companion)
- Spirituality
- Sense of responsibility to family
- Children in the home, pregnancy
- Life satisfaction