



When to Seek Prompt, Professional Help

- ❑ **Threats or thoughts of violence or suicide**
 - Crying, depression-like mood
 - Spontaneously utters, “I wish I would have died.”
 - Leaving the lights on at night, gun under the pillow
 - Overly fascinated with guns
- ❑ **Physical abuse towards another**
- ❑ **Self-medicating with drugs and/or over-use of alcohol**
 - Black-out spells
 - Steroid use
 - Obsessive use of video gaming
 - Misses work
 - Recluse behavior increases
 - When startled, becomes combative
 - There is no moderation—only excessive drinking/drug use
- ❑ **Overdose of drugs, suicide attempts**
- ❑ **Tried to strangle spouse**
- ❑ **They may tell someone, “I’m not doing well. I don’t know what’s wrong with me. I need to get help.”**
- ❑ **During a traffic altercation, pulled pistol and fired a round into the air**
- ❑ **Will carry firearm and keep other weapons close by**
- ❑ **Asking for a firearm from a friend or relative**
- ❑ **Builds a “shrine” to a fallen battle buddy**
 - Poster-size photo of friend
 - Sometimes there are hidden shrines, others are more visible
- ❑ **Self-mutilation**

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- ❑ **Arrested**
- ❑ **Acting like they are on-duty in a combat area**
 - “Taking down” civilians and checking them for “papers,” “weapon searches,” questioning others as if they could be the enemy
- ❑ **Extreme hyper-vigilance**
 - When under severe stress, would find ways to conceal him/herself in natural camouflage along roadsides, home, or for long hours
 - Setting up a perimeter zone around his/her house
 - Roping off areas around the property, creating fox holes, mirrors set up to see around corners
 - Walking/foot patrolling perimeter
- ❑ **Modeled sleeping area to identical layout of sleeping quarters in war zone**
- ❑ **Family members openly expressing their concerns that the veteran may some day lie-in-wait and cause harm to them**

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