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## **YOU NEED HELP NOW IF:**

You are having thoughts of hurting or killing yourself.

You are looking for ways to kill yourself.

You are talking about death, dying, or suicide.

You are engaging in self-destructive behavior, such as substance misuse, risky use of weapons, etc.

**Call 911 now if you are dealing with any of these and need medical attention.**

**In crisis? Go to any medical facility for free care and call the VA within 72 hours:  
844-724-7824.**

## **TAKING CARE OF YOURSELF:**

Take medicine as prescribed.

Connect with friends, family, or a support group.

Seek help from a mental health professional or other healthcare provider.

Participate in light exercise like walking.

Eat balanced meals and drink plenty of water.

If you own firearms, store them securely (gun safe, lock box, gun case, cable lock or trigger lock).



# RESOURCES:

**Haywood County Veterans Services**  
828-452-6344

**30th Judicial District Alliance**  
(Veteran Outreach Program)  
828-452-2122

**American Legion Post 47**  
828-456-8691

**Disabled American Veterans**  
919-833-5567

**Veterans of Foreign Wars Post 5202**  
828-456-9346

**Food Resource Guide**  
[healthyhaywood.com/resources](http://healthyhaywood.com/resources)

**No Boundaries Medical Equipment Loan Closet**  
828-456-7930

**Haywood Public Transit**  
828-565-0362

**Warrior Clan**  
828-793-2094

# TREATMENT RESOURCES:

**Appalachian Community Services**

(walk-in services available, including Behavioral Health Urgent Care; BHUC opening April 1, 2025)  
828-452-1396

**Blue Ridge Health- formerly Meridian Behavioral Health Services**  
(walk-in services available)  
828-456-8604

**Charles George VA Medical Center**  
828-298-7911

**Haywood Regional Medical Center**

(Behavioral Health Unit):  
828-452-8651

# 24/7 CRISIS SUPPORT:



**Veterans Crisis Line**  
Call 988, press 1 OR  
text 83825.

**Mobile Crisis (Appalachian Community Services):**  
888-315-2880

**Behavioral Health Crisis Line (Vaya Health):**  
1-800-849-6127

This brochure was created by Haywood County HHSA and Haywood County Veterans Services. Haywood County HHSA is an equal opportunity provider and employer.