

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).



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.**



RESOURCES:

Haywood County Veterans Services

828-452-6344

WNC Alliance- Formerly 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)

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.