

## **U.S. Department of Veterans Affairs**

## Veterans Health Administration Northern Arizona VA Health Care System

## **Important Phone Numbers**

TriWest (for all billing questions): (877) 226-8749

My HealtheVet (MHV): (928) 445-4860 ext. 6488

Nurse Advise Line: (877) 252-4866

**Prescott Vet Center: (928) 778-3469** 

COVID-19 Vaccine Appointments: (928) 717-7406

For ALL Emergency Department visits, call and report to the VA 72-Hour Notification Hotline within 72 hours to avoid billing issues.

VA 72-Hour Notification Hotline # 1-844-724-7842



Confidential crisis chat at VeteransCrisisLine.net or text to 838255

## **RECOGNIZE THE SIGNS OF SUICIDE RISK**

- Thinking about hurting or killing yourself
- Locking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.

The presence of these signs requires immediate attention.

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

Call us if you experience any of these warning signs.