Social Media Content and Graphics

| **Facebook Copy** | **X (*formerly Twitter*) Copy** | **Instagram Copy** | **Media Asset** |
| --- | --- | --- | --- |
| Are you struggling to navigate life after the service? We get it and we can help. The Veterans Crisis Line is available any time, day or night.  Dial 988 then Press 1, chat at VeteransCrisisLine.net/Chat, or text 838255. | Are you struggling to navigate life after the service? We get it and we can help. The #VeteransCrisisLine is available any time, day or night.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | Are you struggling to navigate life after the service? We get it and we can help. The #VeteransCrisisLine is available any time, day or night.  Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255.    #SuicidePrevention  #SuicideAwareness | *Facebook/X*  *A person in a white veil  Description automatically generated*  *Instagram*  A person sitting in a chair  Description automatically generated |
| There is no single cause of suicide, but some actions and behaviors may indicate a Veteran wants or needs help. Learn the warning signs and where to find support: [VeteransCrisisLine.net/Signs-Of-Crisis](https://www.veteranscrisisline.net/signs-of-crisis/) | There is no single cause of suicide, but some actions and behaviors may indicate a #Veteran wants or needs help. Learn the warning signs and where to find support: [VeteransCrisisLine.net/Signs-Of-Crisis](https://www.veteranscrisisline.net/signs-of-crisis/) | There is no single cause of suicide, but some actions and behaviors may indicate a #Veteran wants or needs help. Learn the warning signs and where to find support: [VeteransCrisisLine.net/Signs-Of-Crisis](https://www.veteranscrisisline.net/signs-of-crisis/)    #SuicidePrevention  #SuicideAwareness | *Facebook/X*  *Graphical user interface, text, application  Description automatically generated*  *Instagram*  Text  Description automatically generated |
| No matter where you are or what you’re going through, the Veterans Crisis Line helps all Veterans find immediate support. Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now. | No matter where you are or what you’re going through, the #VeteransCrisisLine helps all #Veterans find immediate support. Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now. | No matter where you are or what you’re going through, the #VeteransCrisisLine helps all #Veterans find immediate support. Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now.   #SuicidePrevention #SuicideAwareness | *Facebook/X*  *A picture containing text, human face, clothing, person  Description automatically generated*  *Instagram*  A collage of people with text  Description automatically generated with low confidence |
| Veterans Crisis Line responders can connect you with 24/7, confidential crisis support. If you’re a Veteran in crisis or concerned about one, Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now. | #VeteransCrisisLine responders can connect you with 24/7, confidential crisis support. If you’re a Veteran in crisis or concerned about one, Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now. | #VeteransCrisisLine responders can connect you with 24/7, confidential crisis support. If you’re a Veteran in crisis or concerned about one, Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now.   #SuicidePrevention #SuicideAwareness | *Facebook/X*  *Graphical user interface, website  Description automatically generated*  *Instagram*  *A blue and white sign  Description automatically generated with medium confidence* |
| If you’re a Veteran in crisis or concerned about one, responders are available 24/7 to listen and help—Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | If you’re a Veteran in crisis or concerned about one, responders are available 24/7 to listen and help—Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255. | If you’re a Veteran in crisis or concerned about one, responders are available 24/7 to listen and help—Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255.    #SuicidePrevention  #SuicideAwareness | *Facebook/X*  *Graphical user interface, text, application  Description automatically generated*  *Instagram*  *Graphical user interface, text, chat or text message  Description automatically generated* |
| Looking for clinical care or counseling? This resource locator can help you find suicide prevention resources and support systems: [VeteransCrisisLine.net/Find-Resources/Local-Resources](https://www.veteranscrisisline.net/find-resources/local-resources/) | Looking for clinical care or counseling? This resource locator can help you find suicide prevention resources and support systems: [VeteransCrisisLine.net/Find-Resources/Local-Resources](https://www.veteranscrisisline.net/find-resources/local-resources/) | Looking for clinical care or counseling? This resource locator can help you find suicide prevention resources and support systems: [VeteransCrisisLine.net/Find-Resources/Local-Resources](https://www.veteranscrisisline.net/find-resources/local-resources/)  #SuicidePrevention  #SuicideAwareness | *Facebook/X*  *Graphical user interface, text, application, chat or text message  Description automatically generated*  *Instagram*  *A person holding a phone  Description automatically generated with low confidence* |
| During a suicide crisis, every second counts. The Veterans Crisis Line is here to provide immediate support when you need it most. Caring and qualified responders are available to help 24/7. | During a suicide crisis, every second counts. The #VeteransCrisisLine is here to provide immediate support when you need it most. Caring and qualified responders are available to help 24/7. | During a suicide crisis, every second counts. The #VeteransCrisisLine is here to provide immediate support when you need it most. Caring and qualified responders are available to help 24/7.    #SuicidePrevention  #SuicideAwareness | *Facebook/X*  *A screenshot of a chat  Description automatically generated*  *Instagram*  A blue and white box with text  Description automatically generated |
| If you’re a Veteran in crisis, Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now. Responders are ready to listen and help. | If you’re a #Veteran in crisis, Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now. Responders are ready to listen and help. | If you’re a #Veteran in crisis, Dial 988 then Press 1, chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/get-help-now/chat/), or text 838255 now. Responders are ready to listen and help.  #SuicidePrevention #SuicideAwareness | *Facebook/X*    *Instagram*  A blue and white background with white text  Description automatically generated |
| You don’t have to be an expert to talk to a #Veteran in crisis. By showing genuine care through your words and actions, you can make an impact.  Learn how to talk with a Veteran who’s going through crisis: [VeteransCrisisLine.net/Crisis](https://www.veteranscrisisline.net/CrisisConversationHandout)  [ConversationHandout.](https://www.veteranscrisisline.net/CrisisConversationHandout) | You don’t have to be an expert to talk to a #Veteran in crisis. By showing genuine care through your words and actions, you can make an impact.  Learn how to talk with a Veteran who’s going through crisis: [VeteransCrisisLine.net/Crisis](https://www.veteranscrisisline.net/CrisisConversationHandout)  [ConversationHandout](https://www.veteranscrisisline.net/CrisisConversationHandout) | You don’t have to be an expert to talk to a #Veteran in crisis. By showing genuine care through your words and actions, you can make an impact.  Learn how to talk with a Veteran who’s going through crisis: [VeteransCrisisLine.net/Crisis](https://www.veteranscrisisline.net/CrisisConversationHandout)  [ConversationHandout.](https://www.veteranscrisisline.net/CrisisConversationHandout)  #SuicidePrevention  #SuicideAwareness | *Facebook/X*  *A person and person looking at a computer  Description automatically generated*  *Instagram*  A person and person looking at a computer  Description automatically generated |