



IT'S YOUR CALL

**Confidential help for
Veterans and their families**

The confidential Veterans Crisis Line, online chat, and text are available, and we are here for you.

If you're a Veteran in crisis, or are the family member or friend of one, VA offers help that can make a difference. The Veterans Crisis Line is staffed by caring, qualified VA responders — some of them Veterans or family members of Veterans themselves — who understand what Veterans have been through. The Veterans Crisis Line, online chat, and text are available to all Veterans and their families and friends, even if they are not registered with VA or enrolled in VA health care.

VA responders are standing by **24** hours a day, **7** days a week, **365** days a year to provide confidential support by phone or online chat. Assistance is only a phone call, click, or text away. You've served us. Now let us serve you.

• • • Confidential chat at **VeteransCrisisLine.net** or text to **838255** • • •



CALL US IN TIMES OF CRISIS

People experience emotional and mental health crises in response to a wide range of situations — from difficulties in their personal relationships to the loss of a job. For Veterans, these crises can be heightened by their experiences in military service. When emotional issues reach a crisis point, it's time to call on the Veterans Crisis Line for support.

Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:

Hopelessness, feeling like there's no way out

Anxiety, agitation, sleeplessness, or 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

The presence of the following signs requires immediate attention:

Thinking about hurting or killing yourself

Looking for ways to kill yourself

Talking about death, dying, or suicide

Self-destructive behavior such as drug abuse, weapons, etc.

Rather chat or text than call?

Confidential chat at [VeteransCrisisLine.net](https://www.veteranscrisisline.net) or text to 838255

STAND BY THEM. WE'LL STAND BY YOU.

Concerned about a Veteran who may be in emotional distress or suicidal crisis? The Veterans Crisis Line can help.

Call 1-800-273-8255 and Press 1.

Every day, Veterans and their loved ones across America reach out.

The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances — from Veterans coping with aging or mental health issues that were never addressed, to recent Veterans struggling with relationships or the transition back to civilian life. Veterans Crisis Line responders provide support when these and other issues — such as chronic pain, anxiety, depression, sleeplessness, anger, and even homelessness — reach a crisis point.

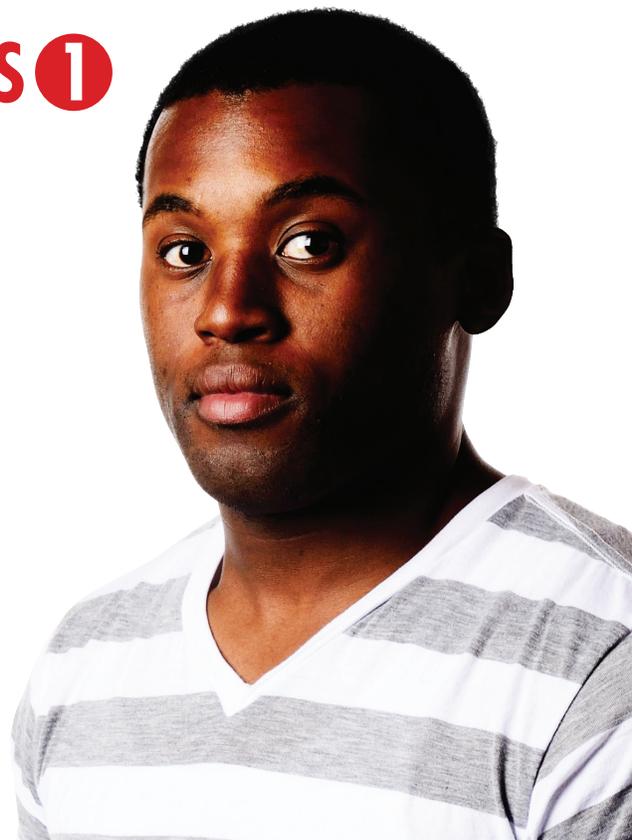
You don't have to cope alone. Call the Veterans Crisis Line to get the support you've earned. We will help you work through the crisis and connect you with services to get your life back on track.

Call 1-800-273-8255 and Press 1. It's your call.



IT'S OUR CALL.

WE'VE EARNED IT.



“Right after I got out of active duty I was adjusting to civilian life and going through some hard times. I had a lot of family issues. **I called the Veterans Crisis Line and I got help.** Treatment works. I know.”

Marc Soper, U.S. Army, 1983–2005



“Everyone always told me everything was going to be OK. Calling the Veterans Crisis Line helped that become a reality.”

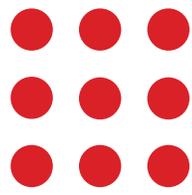
Cassandra Heil, U.S. Marine Corps, 2003–2011



“The road is hard, but there’s help out there, all you have to do is ask. First step is to call, and that is the hardest, but you have to break that ice. Start by calling the Veterans Crisis Line.”

Orvie Longhorn, U.S. Army, 1964–1967





Veterans Crisis Line

1-800-273-8255 **PRESS 1**

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U.S. Department
of Veterans Affairs

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