Veterans Crisis Line
Fact Sheet

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DIAL 988 then PRESS 1

Confidential crisis help for Veterans and their families

The Veterans Crisis Line is a free, confidential resource available to any Veteran—or their supporters or loved ones—even if they are not enrolled in VA health care or registered with VA. The Veterans Crisis Line connects callers in crisis, or who are experiencing many types of challenges, with qualified, caring U.S. Department of Veterans Affairs (VA) responders.

Veterans and their loved ones can **Dial 988 then Press 1**, chat online at **VeteransCrisisLine.net/Chat**, or send a text message to **838255** to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year.

The responders at the Veterans Crisis Line are caring, compassionate people trained in helping Veterans in many circumstances—from Veterans who need to talk about a difficult emotional situation to those dealing with the complexities of personal relationships or the transition back to civilian life. Veterans Crisis Line responders also provide support when these and other issues reach a crisis point, like chronic pain, anxiety, depression, sleeplessness, anger, and even homelessness. Some responders are Veterans themselves and understand what Veterans and their families and friends have been through.

Since its launch in 2007, the Veterans Crisis Line has answered more than 10.1 million calls and initiated the dispatch of emergency services to callers in crisis more than 461,000 times. The Veterans Crisis Line anonymous online chat service, added in 2009, has engaged more than 1.17 million chats. In November 2011, the Veterans Crisis Line introduced a text-messaging service to provide another way for Veterans to connect with confidential, round-the-clock support and since then has responded to more than 603,000 texts.

In 2011, the National Veterans Suicide Prevention Hotline was renamed the Veterans Crisis Line to encourage Veterans and their families and friends, who may be the first to realize a Veteran is in emotional distress, to reach out for support when issues reach a crisis point, even if it is not a suicidal crisis.

Veterans and their loved ones in the U.S. can Dial 988 then Press 1 to reach the Veterans Crisis Line.

VA is working to make sure that all Veterans and their loved ones are aware of the Veterans Crisis Line. To reach as many Veterans as possible, VA is coordinating with communities and partner groups nationwide, including community-based organizations, Veterans Service Organizations, and local health care providers, to let Veterans and their loved ones know that support is available whenever, if ever, they need it.

Whether you're a Veteran or a friend or family member concerned about one, confidential assistance is only a call, click, or text away.

For more information about the Veterans Crisis Line, visit **VeteransCrisisLine.net**.

For more information about VA's mental health resources, visit **www.mentalhealth.va.gov**.

Reach the confidential crisis chat at **VeteransCrisisLine.net/Chat** or text **838255**.



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