



# YOU ARE NOT ALONE



IF YOU'RE A VETERAN, SERVICE MEMBER,  
OR HAVE A LOVED ONE IN CRISIS:



**Veterans  
Crisis Line**

**DIAL 988 then PRESS 1**



**Text: 838255**



**Chat: [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)**

**AVAILABLE 24/7, 365 DAYS A YEAR  
ALL CALLS ARE COMPLETELY CONFIDENTIAL**

Family members and friends who are concerned about a  
veteran are also encouraged to call-  
even if they are not veterans themselves

Calls, texts, and chats have resulted in more than 1.6  
million referrals to VA Suicide Prevention Coordinators &  
more than 398,000 dispatches of emergency services



**VETERANS HEALTH  
& WELLNESS COLLABORATIVE**