



U.S. Department
of Veterans Affairs

Connect. It matters.
Friendship. It matters.
Compassion. It matters.

Support.

Ask the question. It matters.
Family. It matters.



It Matters.

*Because one small act can make
the difference.*

Confidential help for Veterans and their families



**Veterans
Crisis Line**

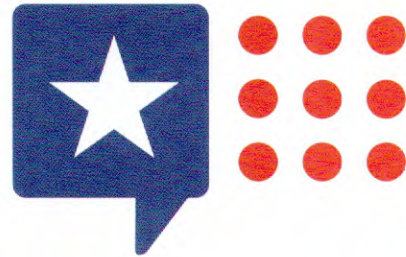
1-800-273-8255 **PRESS 1**

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

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—many 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, online chat, or text. Assistance is only a phone call, click, or text away. Your actions matter.



REACH OUT.



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

The professionals 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 back on track. **Call 1-800-273-8255 and Press 1.**

Veterans Crisis Line

IT MATTERS.



"Our Veterans served our country. VA is here to serve them. Support is available for Veterans and their friends and families."

Chick Ciccolella, U.S. Army, 1968–1996



"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 are getting treatment every day. We're recognizing our symptoms, and we're getting treatment, and we're getting better."

Marcia Davis, U.S. Coast Guard Reserve, Naval Reserve, 1973–1996



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.

If you, or a Veteran you know, is experiencing any of these signs, **call the Veterans Crisis Line immediately**. You can connect with support that can make a difference.

Rather chat or text than call?

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

REACH OUT. IT MATTERS.

Are you a family member or friend 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.**



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