

# 24/7, confidential crisis support for Veterans and their loved ones



If you're a Veteran in crisis or concerned about one, reach caring, trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

## You're not alone— the Veterans Crisis Line is here for you.



Dial 988 then Press 1



Chat online at  
[VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)



Text 838255



U.S. Department  
of Veterans Affairs

Scan the QR code to download  
**Veterans Crisis Line** resources.

