



U.S. Department
of Veterans Affairs



The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs (VA) responders.

Veterans and their loved ones can call **1-800-273-8255 and Press 1**, chat online at **VeteransCrisisLine.net**, or send a text message to **838255** to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Veterans Crisis Line responders provide support when the following issues — and others — reach a crisis point:

- Coping with aging
- Mental health conditions that were never addressed
- Trouble readjusting to civilian life
- Relationship struggles
- Chronic pain
- Anxiety
- Depression
- Sleeplessness
- Anger
- Homelessness

Some of the responders are Veterans or family members of Veterans themselves, and understand what Veterans have been through.

Since its launch in 2007, the Veterans Crisis Line has answered nearly 2.8 million calls and initiated the dispatch of emergency services to callers in crisis nearly 74,000 times. The Veterans Crisis Line anonymous online chat service, added in 2009, has engaged in more than 332,000 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 67,000 texts.

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

Call **1-800-273-8255 and Press 1**
Confidential crisis chat at **VeteransCrisisLine.net**
or text to **838255**

