



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 the Department of Veterans Affairs or enrolled in VA health care.

The professionals at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Veteran 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

Many of the 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 640,000 calls and made more than 23,000 life-saving rescues. In 2009, the Veterans Crisis Line added an anonymous online chat service, which has helped more than 50,000 people. In November 2011, the Veterans Crisis Line introduced a text messaging service to provide another way for Veterans to connect with round-the-clock support.

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

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