



Show Veterans and Service Members They Matter

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When it comes to supporting veterans and service members who face difficult challenges, we're all in this together. The U.S. Department of Veterans Affairs (VA) urges everyone to stay alert for [signs of crisis](#) in veterans and service members and be prepared to help them access the support they have earned. It Matters: Because one small act can make the difference.

If a veteran you know is showing signs of crisis, such as expressing hopelessness, experiencing anxiety, or withdrawing from family members and friends, call on the [Veterans Crisis Line](#). This VA call center is staffed by caring professionals—some of them veterans themselves—who are ready to listen, provide support, and connect veterans to VA resources in their local area.

The Veterans Crisis Line is a free, confidential resource that veterans and service members in need and their loved ones can access 24 hours a day, 7 days a week, 365 days a year. You can call on behalf of a veteran or encourage the veteran to call 1-800-273-8255 and Press 1, chat online at [VeteransCrisisLine.net/Chat](#), or text to 838255 for free, confidential support. Help spread the word to veterans in your community by visiting [VeteransCrisisLine.net/SpreadtheWord](#) and downloading free Veterans Crisis Line materials. If your local VFW Post would like to sponsor an event on suicide prevention and invite someone from VA to speak, use the site's [resource locator](#) to find your local Suicide Prevention Coordinator who can talk about VA resources and train people to recognize the signs of crisis.

To stay informed about this topic year-round, [sign up for quarterly emails](#) about the Veterans Crisis Line to be the first to hear about news and tools to help raise awareness of this lifesaving resource.

Tell the veterans and service members you know and love: Support is just a call, click, or text away. It Matters.

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