

The Veterans Crisis Line Offers Support 24/7

Apr 10, 2014

Throughout the history of our great nation, veterans have made the commitment to protect our country, serving and sacrificing for what matters most. What they and their families give up can have an impact that lasts long past their time of service. Whether veterans have recently returned home or completed their service years ago, their experiences remain a part of their lives.

It can be difficult for family members and friends to reach out when they see a veteran in crisis or going through a challenging time, but asking the hard questions is often the first step toward getting veterans the support they need.

If you think that a veteran might be in crisis, tell him or her about the Veterans Crisis Line—or make the call yourself. Call **1-800-273-8255 and Press 1**, chat online at VeteransCrisisLine.net/Chat, or **text to 838255** for free, confidential support 24 hours a day, 7 days a week, 365 days a year.

We need your help in telling all veterans and their loved ones that support is available and is only a phone call, chat, or text away. Spread the word in your community; no group or meeting is too small. Each person can make a difference in the lives of veterans in your community.

Spread the Word

The U.S. Department of Veterans Affairs encourages groups and individuals nationwide to help spread the word about the Veterans Crisis Line, a free, confidential resource that veterans and their families and friends can access any day, anytime. Can you help? It matters. Trained professionals at the Veterans Crisis Line—some of them veterans themselves—are ready to listen.

There are many simple actions you can take to help veterans access the care they deserve and have earned. Visit the [Veterans Crisis Line](http://VeteransCrisisLine.net) website to learn how you and your community can stand by veterans and their loved ones, and help prevent suicide.

[Watch and share](#) Veterans Crisis Line videos.

Download [posters and flyers](#) on the [Veterans Crisis Line resources page](#) to put up in your community.

Share Veterans Crisis Line [social media content](#) with your friends on Facebook and Twitter. Help others in your community to learn more with [information sheets](#).

Thanks to actions like ones you can take, the [Veterans Crisis Line](#) has answered more than 1.1 million calls and made 35,000 lifesaving rescues since being launched in 2007.

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One small act can make the difference. Spread the word about the Veterans Crisis Line: It matters. Visit VeteransCrisisLine.net to learn more.