



Veterans Crisis Line: One Small Act Can Make a Difference

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Throughout the history of our great nation, veterans have made the commitment to protect our country, serving and sacrificing for what matters most. Whether they just came home or completed their service many years ago, their experiences and sacrifices have an impact on their lives. And what you and others say or do matters: Sometimes, one person taking one small step can help a veteran reach out for support.

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.

If a veteran you know shows [signs of crisis](#), such as hopelessness, anxiety, or withdrawal, call on the trained professionals at the [Veterans Crisis Line](#). 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.

There are many simple actions we can take to help veterans access the care they deserve and have earned. Visit the [Veterans Crisis Line online](#) to learn how you can help.

Just one small act can make the difference. Spread the word about the Veterans Crisis Line. It matters.

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