

Veterans/Military Crisis Line



THIS BENEFIT IS FOR

Military Leader, National Guard, Reserves, Retiree/Veteran, Service Member, Spouse

- [Veterans/Military Crisis Line](#)

Benefit overview

The Veterans/Military Crisis Line is a free, confidential resource that provides Department of Veterans Affairs support for all service members, including members of the National Guard and reserve, and all veterans and their families, even if they are not registered with the VA or enrolled in VA health care. The caring, qualified responders at the Veterans/Military Crisis Line are specially trained and experienced in helping service members and veterans of all ages and circumstances.

If you or someone you know is in a crisis, there is help – contact the Veterans/Military Crisis Line. Dial 988 then press 1 or text 838255, or [chat online with a VA responder](#).

When you call, chat or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. VA responders can connect you with the resources you need.

How this benefit helps

Veterans and service members in crisis aren't alone. If you're thinking about hurting yourself, having thoughts of suicide, or becoming self-destructive, VA responders are ready to help.

Contact the crisis line immediately if you or the veteran or service member in your life is showing signs of crisis, such as:

- Talking about feeling hopeless
- Experiencing anxiety or agitation
- Increasing risky behaviors or substance use

Learn [what to expect when you call, text or chat](#).

Veterans/Military Crisis Line responders are available to talk

Free, 24/7, confidential support is a call away. The [Veterans/Military Crisis Line](#) can help even if you're not enrolled in VA benefits or health care.

Veterans/Military Crisis Line responders are available through chat

If you're a veteran or current service member in crisis or concerned about one, crisis chat is available 24 hours a day, 7 days a week. A caring VA responder will join the chat, ready to listen and help.

Veterans/Military Crisis Line responders are available through text

If you're a veteran or current service member in crisis or concerned about one, text to reach caring VA responders 24 hours a day, 7 days a week. You can text as much or as little as you like to start the conversation. Your discussion is free, confidential and you choose the information to share.

How to access this benefit

If you or the veteran or service member in your life show signs of crisis, contact the Veterans/Military Crisis Line. In the United States, dial 988 then press 1 or text 838255.

You can also [chat online with a VA responder](#) from anywhere.

If you are overseas you can connect by [Veterans/Military Crisis Line Chat](#). If you prefer a phone call, you can request this by chat. A crisis line responder will call the number you provide at no charge.

Or you can call:

- In Europe, call: 844-702-5495 or DSN 988
- In the Pacific, call: 844-702-5493 or DSN 988
- In Southwest Asia, call: 855-422-7719 or DSN 988

Additional Resources

The 988 Lifeline is a national network of local crisis centers. The 988 Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. If callers are unable to reach the crisis support through phone dialing, the chat service is available online in all locations with an internet connection.

- Call: 988 or 1-800-273-TALK (8255)
- For Text Telephone (TTY) users: Use your preferred relay service or dial 711 then 988.
- Visit: <https://988lifeline.org/>
- Chat: Text with a Crisis Line responder- Send a text message to 838255

Support is also available for relationship, family, or financial challenges. To access non-crisis support (e.g., relationship, family, or financial challenges). Service members and their immediate family can connect with Military OneSource for free and confidential counseling 24/7 (CONUS: 800-342-9647; OCONUS: 800-342-9647 or 703-253-7599; or visit

<https://www.militaryonesource.mil>). TRICARE (<https://www.tricare.mil> or for OCONUS - <https://www.tricare-overseas.com>) can also connect DoD beneficiaries of the Military Health System to mental health and counseling services. Additionally, if you are a DoD civilian employee, DoD Employee Assistant Program provides resources, information, and confidential help 24/7 at 866-580-9046 (TTY: 711).