CALL US IN TIMES OF CRISIS

People experience emotional and mental health crises in response to a wide range of situations – from difficulties in their personal relationships to the loss of a job. For Service members, these crises can be heightened by their experiences in military service. When issues become challenging, it's time to call on the Military Crisis Line for support.

Sometimes, a crisis may involve thoughts of suicide. Learn to recognize these warning signs:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The following signs require immediate attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.

If you are a Service member, family or friend, who is experiencing any of these signs, **call the Military Crisis Line immediately**. You are not alone. We are standing by to help. It's your call.

ONE CALL CAN MAKE A DIFFERENCE

Concerned about a Service member who may be in emotional distress or suicidal crisis? The Military Crisis Line can help.
Call 1-800-273-8255 and Press 1.

Military Crisis Line
1-800-273-8255 PRESS 1

Text or chat 24/7

Text 838255

Chat at MilitaryCrisisLine.net

Confidential help for Service members and their families

U.S. Department of Veteran Affairs

U.S. Department of Defense

1 CONVERSATION can save a life

Military Crisis Line
1-800-273-8255 PRESS 1

Confidential chat at MilitaryCrisisLine.net

The Defense Suicide Prevention Office (DSPO), part of the Department of Defense, collaborates with the Department of Veterans Affairs and other organizations to prevent suicide in the military and support the Military Crisis Line.

1 CONVERSATION

The confidential Military Crisis Line and online chat are available, and we are here for you.

If you're a Service member in crisis or know a Service member who is, the Military Crisis Line offers help that can make a difference. This service is staffed by caring, qualified responders – some of whom were in the U.S. military themselves – who understand what Service members have been through. The Military Crisis Line, online chat, and text are available to all Service members and their families and friends.

Military Crisis Line responders are standing by 24 hours a day, 7 days a week, 365 days a year to provide confidential support by phone, online chat, or text. Assistance is only a phone call or click away.

In the U.S. call 1-800-273-8255 and Press 1
In Europe call 00800 1273 8255 or DSN 118 *
In Korea call 0808 55 118 or DSN 118
In Afghanistan call 00 1 800 273 8255 or DSN 111

** In Europe, toll-free service may not be available through all carriers or in all countries*

1 TEXT

Every day, Service members across America reach out.

The professionals at the Military Crisis Line are specially trained and experienced in helping all Service members and their families, and can assist with any circumstance – from coping with mental health issues, to those who are struggling with relationships. Military Crisis Line responders provide support when these and other issues such as chronic pain, anxiety, depression, sleeplessness and anger – reach a crisis point.

You don't have to cope alone. Text the Military Crisis Line to get the support you've heard. We will help you work through the crisis and connect you with services to get your life back on track.

Text to: 838255

Military Crisis Line

1 CHAT

We are working closely with our partners to help you through a crisis.

The Department of Defense (DoD) is working to make sure that all Service members and their loved ones are aware of the Military Crisis Line. To reach as much of the military community as possible, the DoD wants to let Service members and their loved ones know that support is available whenever, if ever, they need it. Chatting is available worldwide on the web, and gives anyone, anywhere, an ability to confidentially have a conversation.

Chat online at www.MilitaryCrisisLine.net