

Confidential Support Resources

- VA Crisis Line** www.VeteransCrisisLine.net, 800-273-8255, Press 1
VA Phone, Chat, Text, 24/7
Suicide LifeLine and Quick Access to Clinical Help in Crisis and non-crisis situations; trained staff includes some veterans. Crisis Referral to Suicide Prevention Coordinators & non-crisis to additional VA Resources.
- Military OneSource** www.MilitaryOneSource.mil, 800-273-8255, Press 1
DoD Phone 24/7 Resource for non-medical counseling, including teens; call 800-342-9647 to see if appropriate for you. Telehealth sessions available; schedule peer-to-peer sessions at 800-342-9647.
- Vets4Warriors** www.Vets4Warriors.com, 855-838-8255
Non-agency 24/7 Phone, International Phone, Email, Chat staffed fully by Veteran Peers (vets, milspouses, caregivers, family members) not limited to crisis but support for any issue. Follow-up to provide ongoing support from peers.
- USMC DSTRESS** www.DSTRESSLine.com, 877-476-7734, USMC Resource
Marine-to-Marine Peer Support Line, 24/7 with behavioral health clinicians available when needed.
- Nat'l Domestic Violence** Domestic Violence Helpline: 800-799-7233
Phone and online support 24/7 experienced, trained counselors for safety and information.
- Vet Homelessness** VA Homelessness Support, 877-424-3838
- PTSD Helpline** PTSD Support, 800-799-7233, staffed by combat wounded or disabled vets, 24/7.
- Vet Centers** http://www1.va.gov/directory/guide/vetcenter_flsh.asp,
Find your nearest confidential vet center with this locator.

These resources are strictly confidential and some are anonymous, with one caveat. If the trained staff determines that a person is in immediate physical danger or has hurt themselves or others, they will contact local first responders to assess the situation further and intervene.