



# Veterans Crisis Line

DIAL 988 then **PRESS 1**



## 24/7 confidential crisis support for active duty, veterans and their loved ones

If you're a service member in crisis or concerned about one, contact the Veterans Crisis Line to reach caring, trained responders 24 hours a day, 7 days a week.



**DIAL 988**  
then **PRESS 1**



**TEXT**  
**838255**



**Chat online at**  
[VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)

### Calling from Overseas?

Some international calls may incur a charge, depending upon the caller's location and network provider. To avoid a cost, service members and families overseas can contact the Veterans Crisis Line via the online chat. If you prefer to talk on the phone, request it in the chat and the responder will call you at no cost.

Active-duty personnel and veterans can call the Crisis Line by dialing their country code before the appropriate number below:

- ★ **Europe:**  
Call +1 844-702-5495 or DSN 988
- ★ **Japan and the Pacific region:**  
Call +1 844-702-5493 or DSN 988
- ★ **Southwest Asia:**  
Dial +1 855-422-7719 or DSN 988

**You're not alone - the Veterans Crisis Line is open to all service members and veterans.**

**Scan the QR code to visit the Veterans Crisis Line website.**



TEAR OFF AND TAKE

 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members		 <b>DIAL 988 then PRESS 1</b> 24/7 crisis support for service members	
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