



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

Also available in the United States (CONUS) 1-800-273-TALK (8255) or Visit: <https://988lifeline.org/>

Calling from Overseas?

Active-duty personnel can call the Veterans Crisis Line in their geographic location on base DSN 988; off base...

Indo-Pacific Command: +1 844-702-5493

European Command: +1 844-702-5495

Central Command: +1 855-422-7719

Africa Command: +1 888-482-6054

Southern Command: +1 866-989-9599

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 should contact the Veterans Crisis Line via the online chat or DSN 988. If you prefer to talk on the phone - request it in the chat and the responder can call you at no cost.

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

A row of 12 identical tear-off strips for service members. Each strip contains the Veterans Crisis Line logo, the text 'DIAL 988 then PRESS 1', a QR code, and the text '24/7 crisis support for service members'.