Prevent Veteran Suicide To Give Help or Get Help:

- Dial 988 to reach the Suicide & Crisis Lifeline, and press 1 if you are in the Military or are a Veteran.
- Text “NOW” to 838255 to chat via text.
- Call 911 if you or someone you know is in immediate danger.

- Visit www.veteranscrisisline.net to learn about suicide signs and prevention resources.
- Ask trusted friends/family for help, find a support group, access health and/or Veterans services, and keep yourself safe.