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 emotional issues reach a crisis point, 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 presence of the following signs requires 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 or know a Service member 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.

Rather chat than call?

Confidential chat at MilitaryCrisisLine.net

STAND BY THEM. WE'LL STAND BY YOU.

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

Confidential help for Service members and their families

U.S. Department of Defense

U.S. Department of Veterans Affairs

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.

STAND BY THEM

Confidential help for Service members and their families

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

Confidential chat at MilitaryCrisisLine.net

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--many 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, even if they are not registered with the Department of Veterans Affairs (VA) or enrolled in VA health care.

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. You've served us. Now let us serve you.

Every day, Military across America REACH OUT.

The professionals at the Military Crisis Line are specially trained and experienced in helping Service members of all ages and circumstances—from Service members coping with mental health issues that were never addressed 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. Call the Military Crisis Line to get the support you've earned. We will help you work through the crisis and connect you with services to get your life back on track. **Call 1-800-273-8255 and Press 1.**

Military Crisis Line

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

The Department of Defense (DoD) and its Defense Suicide Prevention Office are working to make sure that all Service members and their loved ones are aware of the Military Crisis Line. To reach as many Service members as possible, DoD is coordinating with communities and partner groups nationwide, including community-based organizations and local health care providers, to let Service members and their loved ones know that support is available whenever, if ever, they need it.

IT'S OUR CALL.

WE'VE EARNED IT.

STAND WITH US.