

Suicide Prevention

If You Know Someone in Crisis

Call the [National Suicide Prevention Lifeline \(Lifeline\)](#) at **1-800-273-TALK (8255)**, or text the Crisis Text Line (**text HELLO to 741741**). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the [Crisis Text Line's website](#).

The [Veterans Crisis Line](#) connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session at veteranscrisisline.net/get-help/chat.



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Free, 24/7, Confidential

