

## Behavioral Health Resources

**National Suicide and Crisis Lifeline:** Dial 988

<https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Veteran's Crisis Line:** Dial 988, Press Option 1 or Text 838255

<https://www.veteranscrisisline.net/>

The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care.

\*Calling from overseas?

In Europe: Call 00800 1273 8255 or DSN 118

In Korea: Call 0808 555 118 or DSN 118

In Afghanistan: Call 00 1 800 273 8255 or DSN 111

**National Domestic Violence Hotline:** 1-800-799-SAFE (7233)

<https://www.thehotline.org/>

The National Domestic Violence Hotline operates 24 hours a day, seven days a week, 365 days a year and provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

**Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:** 1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

(Also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

**Military One Source:** 1-800-342-9647

<https://www.militaryonesource.mil/>

If you need support with life's everyday challenges, confidential non-medical counseling is available in-person, by phone, online chat or video. Let Military OneSource connect you to a licensed counselor knowledgeable of military life. Counselors address a wide range of issues including couples' communication, stress, loss, coping and more. Counseling information and resources are available 24/7.

**Psychological Health Resource Center:** 1-866-966-1020

<https://www.pdhealth.mil/resources/call-centers/psychological-health-resource-center>

Free, 24/7 resource available to Service members, veterans, family members, clinicians, commanders, or anyone with a question about psychological health in the military. We provide customized responses to your specific questions and needs. If we can't answer your question, we will connect you to someone who can provide assistance and a link to community psychological health resources in your local area.