



**VETERANS AND  
FAMILY SUPPORT  
CALL/TEXT  
988 OPT 1  
VETERANS  
CRISIS LINE**

Knowing how to assist your Veteran is key. There are many resources at your fingertips, when in doubt please reach out. You may just save a life.

**[Vfw.org/assistance](https://www.vfw.org/assistance)**

**A rising tide lifts all veterans to success!**

# Veterans Crisis Line



**DIAL 988 then  
PRESS 1**

## **Veterans Crisis Line**

1.800.273.TALK (8255)  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## **Give an Hour providers**

[www.giveanhour.org](http://www.giveanhour.org)  
Click on "Search for a Provider"

## **Substance Abuse & Mental Health Services Administration (SAMHSA)**

1.800.622.HELP (4357)  
[www.samhsa.gov](http://www.samhsa.gov)

## **Patients Like Me online network**

[www.patientslikeme.com](http://www.patientslikeme.com)

## **VA Health Care**

1.877.222.VETS (8387)  
[www.va.gov/health](http://www.va.gov/health)

## **PTSD Coach Online Apps**

[www.ptsd.va.gov/PTSD/apps/ptsdcoachonline](http://www.ptsd.va.gov/PTSD/apps/ptsdcoachonline)

## **Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury**

[www.dcoe.mil](http://www.dcoe.mil)

## **VA Vet Center Program**

[www.vetcenter.va.gov/](http://www.vetcenter.va.gov/)



## **KNOW THE FIVE SIGNS OF EMOTIONAL SUFFERING**

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**VETERANS AND FAMILY  
SUPPORT CHAIRMAN**