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## **[The Veterans Crisis Line is here for you](#)**

We all face challenges in life. You do not need to face those challenges alone. If you're a Veteran going through a tough time and thinking about reaching out, what's your first step? Text a friend you served with? Call your doctor?

Here are answers to some questions you might have. You are not alone and the [Veterans Crisis Line](#) is here to support you.

### **Who can contact the Veterans Crisis Line?**

If you're a Veteran having thoughts of suicide or in crisis, call now. You don't have to be enrolled in VA benefits or health care to connect.

### **Is it confidential?**

Yes. You don't even have to share your name. Just tell us what you're going through, and we'll listen and work with you to connect you with resources to assist. If it's helpful to know more before you call, chat with us, or send us a text, you can find out exactly [what to expect](#).

### **Is this service free?**

It doesn't cost you anything to contact the Veterans Crisis Line. We're here to help whenever you need us.

### **Is it available all of the time?**

Yes. Day or night, contact us for support. Responders are ready to help.

### **When I call, who will I talk to?**

You'll talk to a caring, compassionate responder who wants to listen and support you.

## **Can the responders help me?**

When you call the Veterans Crisis Line, you'll connect to a qualified responder trained to help Veterans through any crisis. They'll work with you to make sure you're safe and, if you'd like, [connect you to the services you need](#).

## **How do I know if I should call?**

If you feel like you may be headed toward a crisis, you can take an anonymous [Self-Check Assessment](#) to see if stress and depression are affecting you in a harmful way.

After taking the assessment, you have a few options: You can talk with a VA responder, get a referral for further help, or decide to wait to take action. It's completely up to you.

You don't need to meet any special qualifications to contact the Veterans Crisis Line. Call 1-800-273-8255 and Press 1, [chat online](#), or text 838255 to receive confidential crisis support 24/7.

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