



U.S. Department of Defense



Military Crisis Line **Public Fact Sheet**

Confidential help for Service members and their friends and families

The Military Crisis Line is a toll-free, confidential resource that connects Service members in crisis and their families and friends with qualified, caring responders.

Service members, including members of the National Guard and Reserves, along with their loved ones can call **1-800-273-8255** and Press 1, chat online at www.MilitaryCrisisLine.net, or send a text message to **838255** to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year.

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. Many of the responders were in the Military and understand what Service members have been through and the challenges that members of the Military and their loved ones face.

Since its launch in 2007, the Crisis Line has answered thousands of calls, playing a critical role in saving many lives. In 2009, the Crisis Line added an anonymous online chat service, and in November 2011, it introduced a text messaging service to provide another way for Service members to connect with round-the-clock support.

U.S. Service members in Europe may now also receive free, confidential support through the recently-launched European Military Crisis Line. Callers in Europe may dial **00800-1273-8255** or **DSN 118** to receive crisis support from responders at the Military Crisis Line in the U.S. Toll-free service may not be available through all carriers or in all countries.

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.

Whether you're a Service member, or a concerned friend or family member, confidential assistance is only a call, click, or text away.

For more information about the Military Crisis Line, visit www.MilitaryCrisisLine.net

The DoD's Defense Suicide Prevention Office collaborates with the Department of Veterans Affairs to prevent suicide in the military and to support the Military Crisis Line.

..... Confidential chat at MilitaryCrisisLine.net or text to **838255**



U.S. Department of Veterans Affairs

