



## Confidential Support Resources

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| <b>VA Crisis Line</b>          | <a href="http://www.VeteransCrisisLine.net">www.VeteransCrisisLine.net</a> , <b>800-273-8255, Press 1</b><br>VA Phone, Chat, Text, 24/7<br>Suicide LifeLine and Quick Access to Clinical Help in Crisis and non-crisis situations; trained staff includes some veterans. Crisis Referral to Suicide Prevention Coordinators & non-crisis to additional VA Resources. |
| <b>Military OneSource</b>      | <a href="http://www.MilitaryOneSource.mil">www.MilitaryOneSource.mil</a> , <b>800-273-8255, Press 1</b><br>DoD Phone 24/7 Resource for non-medical counseling, including teens; call <b>800-342-9647</b> to see if appropriate for you. <u>Telehealth</u> sessions available; schedule peer-to-peer sessions at 800-342-9647.  |
| <b>Vets4Warriors</b>           | <a href="http://www.Vets4Warriors.com">www.Vets4Warriors.com</a> , <b>855-838-8255</b><br>Non-agency 24/7 Phone, International Phone, Email, Chat staffed fully by Veteran Peers (vets, milspouses, caregivers, family members) not limited to crisis but support for any issue. <u>Follow-up</u> to provide ongoing support from peers.                             |
| <b>USMC DSTRESS</b>            | <a href="http://www.DSTRESSLine.com">www.DSTRESSLine.com</a> , <b>877-476-7734</b> , USMC Resource<br>Marine-to-Marine Peer Support Line,<br>24/7 with behavioral health clinicians available when needed.   |
| <b>Nat'l Domestic Violence</b> | Domestic Violence Helpline: <b>800-799-7233</b><br>Phone and online support 24/7 experienced, trained counselors for safety and information.   |
| <b>Vet Homelessness</b>        | VA Homelessness Support, <b>877-424-3838</b>   |
| <b>PTSD Helpline</b>           | PTSD Support, <b>800-799-7233</b> , staffed by combat wounded or disabled vets, 24/7.  |
| <b>Vet Centers</b>             | <a href="http://www1.va.gov/directory/guide/vetcenter_flsh.asp">http://www1.va.gov/directory/guide/vetcenter_flsh.asp</a> ,<br>Find your nearest confidential vet center with this locator.  |

These resources are strictly confidential and some are anonymous, with one caveat. If the trained staff determines that a person is in immediate physical danger or has hurt themselves or others, they will contact local first responders to assess the situation further and intervene.