



A Hero's Heart

# Active Duty and Veterans Suicide Prevention Resources

**988 Suicide & Crisis Line: For Active Duty Service Members, National Guard and Reserve, and Veterans.** The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

For those that serve or who have served, crises can be heightened by their experiences during military service. If you're a service member or a veteran and in crisis, these resources can help.

Text: 988

Chat: <https://988lifeline.org/chat/>

Make a Safety Plan: <https://988lifeline.org/help-yourself/>

**Veterans Crisis Line: For active duty service members, National Guard and Reserve, and veterans.** available 24/7, 365 days a year. The Military Crisis Line is a free, confidential resource for **ALL** service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.

Call: 988, then press 1

Text: 838255

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

Find a support group: <https://www.veteranscrisisline.net/find-resources/local-resources/>

## Calling from Overseas?

In Europe call 00800 1273 8255 or DSN 118

In Afghanistan call 00 1 800 273 8255 or DSN 111

In Korea call 080-855-5118 or DSN 118

In the Philippines dial #MYVA or 02-8550-3888 or Press 7

***Vets for Warriors: For active duty service members, veterans, and families.*** No matter what your challenge is; whether you have a question about yourself, a friend, or a loved one, or just want to talk confidentially, we are here for you.

### What to expect when you call.

- You will immediately be connected to a peer who is a veteran or a member of the military community
- We will listen, understand, and provide support
- Every conversation is 100% Confidential
- Everyone we serve is welcome to remain anonymous
- There is no challenge that we won't help you find a solution for
- We will remain connected and engaged with you after your initial contact, for as long as it takes, until the issue is resolved

Call: 1-855-838-8255

Chat: <https://vets4warriors.com/connect/>

\*We are not a crisis support hotline. We help you address challenges before they escalate into a crisis. If you or someone you know is in immediate danger of harming themselves or someone else, please contact the **Veterans Crisis Line** at 1-800-273-8255 x1 or the **National Suicide Prevention Lifeline** (988).

***Mission Roll Call: For veterans.*** Your service mattered, still matters, and you matter. The sacrifices of those lost matter – and are not forgotten. If you or someone you know needs support, please reach out using these resources:

Suicide affects U.S. veterans at a higher rate than the general population. It does not discriminate based on branch, service type, gender, combat experience, or any other obvious metric. Mission Roll Call assists veterans in crisis and advocates for policies that would reverse the trend of veteran suicide in America.

Our objective is to

- Connect
- Educate
- Inquire
- Inform

Website: <https://www.missionrollcall.org/about-us>

***Military One Source: For active duty service members, National Guard and Reserve, and veterans.*** Mental health is just as important for military and family readiness as physical fitness. While Military OneSource does not provide health care services, it does point members of the military family to the resources available to help. If you or someone you know is in crisis, contact the **Military Crisis Line** at 800-273-8255, then press 1, or access online chat by texting 838255.

Find Resources Here: <https://www.militaryonesource.mil/health-wellness/mental-health/mental-health-matters-in-the-military/>

***Stop Soldier Suicide: For active duty service members and veterans..*** As a veteran-founded-and-led organization, we know firsthand that when a loved one serves, the entire family does too. Stop Soldier Suicide is proud to serve every member of the military and veteran communities. Whether you or your loved one are currently serving (active duty, reserves, or guard) or have transitioned out of the military, the Stop Soldier Suicide team stands ready to help you navigate your unique challenges.

When you reach out to Stop Soldier Suicide, you'll be connected with a wellness coordinator who will provide personalized attention, support, and assistance. We respect the value of personal information and handle yours with the utmost care. Together, we'll develop a plan to help you navigate the challenges you're facing and empower you to move forward.

Call : (844) 235-2764 or

(844) 317-1136

Visit their Website for additional services: <https://stopsoldiersuicide.org/get-help>

***Make the Connection: For active duty service members, veterans and their families.*** Resources for Family and Friends. Support is available everyday to Veterans, Service members, and their families and friends to help them connect with resources for managing life's challenges and finding solutions.

Learn more about experiencing suicidal thoughts and behaviors, treatment options, self-help tools, and resources to help you reconnect and find hope.

<https://www.maketheconnection.net/conditions/suicide/>

***Vet Centers: For active duty service members, veterans and their families.*** Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible Veterans, service members, including National Guard and Reserve components, and their families. Counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma.

Readjustment counseling: Readjustment counseling is a wide range of psycho-social services offered to eligible Veterans, service members, and their families in the effort to make a successful transition from military to civilian life. They include:

- Individual and group counseling for Veterans, service members, and their families
- Family counseling for military-related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

<https://www.vetcenter.va.gov/>

***National Institute of Mental Health: For active duty service members, veterans, and their families.*** The National Institute of Mental Health is the lead federal agency for research on mental disorders.

The NIMH website provides basic information on mental health topics, disorders, treatments, and research. Information is also broken down for special populations like women, men, children, and older adults.

<https://www.nimh.nih.gov/health/topics/suicide-prevention>

***Real Warriors Campaign: For active duty service members, veterans, and their families.*** The Real Warriors Campaign encourages members of the military community to seek help for psychological health concerns by promoting a culture of support and emphasizing that mental health care IS health care. Initially founded in May 2009, the campaign was revitalized in 2023 through collaboration between the Defense Department's [Psychological Health Center of Excellence](#) (PHCoE) and the [Defense Suicide Prevention Office](#) (DSPO). The campaign remains active in the Department of Defense's mission to reduce the stigma associated with mental health, amplify suicide prevention efforts, and support military community psychological health and readiness. The campaign prioritizes early help-seeking in the military community, encourages access to mental health care destigmatizes mental health, and increasing knowledge and understanding of mental health information.

The Real Warriors Campaign website includes articles on health topics like sleep, stress and anxiety, suicide prevention, and transitions written for active-duty service members, members of the National Guard and Reserve, veterans, and military families. The articles provide a range of practical tips and resources for supporting early intervention for the treatment of psychological health concerns in all stages of military life including separations and reintegration.

Resources: <https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign/Materials>

***Red Cross: For active duty service members, veterans, and their families.*** The American Red Cross believes it is important to prepare family members to deal with the challenges of serving at home while their loved one is deployed. They offer many courses and resources for different aspects of military life. If your family needs emergency assistance, you can submit a request online, or call the American Red Cross at 1-877-272-7337. They are available to help 7 days a week, 24 hours a day, 365 days a year.

- [Coping with Deployments: Psychological First Aid for Military Families](#) was developed out of the Red Cross' continuing commitment to serving military families wherever they reside. This course provides useful information on how to strengthen your ability to respond to the challenges you may encounter throughout the deployment cycle. It was designed specifically for the spouses, parents, older children, siblings and significant others of service members, as well as for military members who may take the course with their family. Veterans and their family members are also eligible.
- [Pre-Deployment Preparedness Tool for Family Members](#): Preparing for deployment can be stressful, both for the service member who is leaving and also for the family members who will stay behind. The American Red Cross offers this overview of practical matters you may want to discuss with your service member before he/she leaves on deployment.

Being prepared to deal with challenges that may arise at home can give everyone some peace of mind and help the service member focus on his/her mission ahead.

- [Reconnection Workshops](#): Whether you or a family member have recently entered the military or you are a long-time veteran, navigating the many transitions connected with military and veteran service can be hard. Reconnection Workshops aim to ease the stress that comes with these changes. This free, confidential Red Cross program offers effective ways to work through challenges, improve wellbeing and build skills through small-group discussion and hands-on activities. Workshops help improve connections at home, at work and within communities. We invite active duty service members, members of the Reserves and National Guard, veterans and military families to participate.
- [Mind-Body Workshops: Improving wellness and managing stress using the mind, body and spirit](#) : The American Red Cross is dedicated to supporting service members, veterans and their families to manage the stresses of military life. Through the creation of Mind-Body Workshops, the Red Cross teaches easy-to-use skills that connect the body with the mind to help participants cope with stress and trauma. Workshops are free and offered in small groups by licensed mental health professionals.
- [Post-Deployment: Support Resources for Homecomings](#): The joy of homecoming is followed by a transition period as the entire family readjusts to being together. Family dynamics often change during the service member's absence, with partners assuming new roles and responsibilities, children who have grown and matured, and new family routines and schedules established. Both the service member and his/her family may have multiple challenges to manage as they readjust to these changes, reestablish bonds and confront the many details of managing a household. If the service member experiences long-term health problems that are sometimes prevalent after deployment, such as depression, Post Traumatic Stress (PTS) and Traumatic Brain Injuries (TBI), the entire family has an additional challenge to manage. The American Red Cross offers multiple skill-building opportunities to help service members and veterans—as well as their families and support systems—identify and cope effectively with the unique challenges that arise after a deployment and can linger, long after leaving the military, if left unaddressed.



A Hero's Heart is a program of Mental Health Transformation Alliance. Visit our website at <https://mh-ta.com/a-heros-heart>