

NATIONAL MENTAL HEALTH RESOURCES FOR VETERANS

VETERANS CRISIS LINE

Phone: 1-800-273-8255
(Press 1)
Text: 838255

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

24/7, confidential crisis support for Veterans and their loved ones

988 SUICIDE & CRISIS LIFELINE

Phone/Text: 988

Website:

<https://988lifeline.org/>

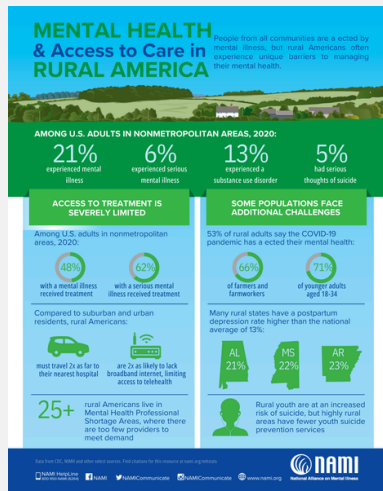
“Whether facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.”

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

HelpLine:
1-800-950-NAMI (6264)

Text:
“NAMI” to 62640
Email: info@nami.org

Website:
<https://www.nami.org/>



WOUNDED WARRIOR PROJECT

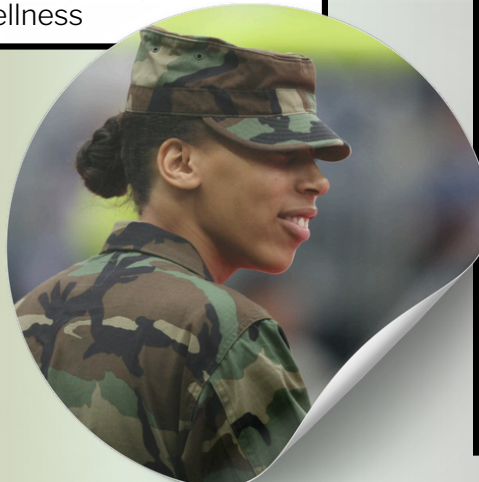
Through our interactive programs, mental health workshops, and a broad offering of professional services, veterans can build resilience to help overcome mental health conditions

888.997.2586.
<https://www.woundedwarriorproject.org/programs/mental-wellness>

VETERANS INTEGRATED SERVICE NETWORKS

The Department of Veterans Affairs comprises 18 Veterans Integrated Service Networks or VISNs committed to ensuring Veterans receive highly integrated and coordinated care and support services

<https://department.va.gov/integrated-service-networks/>



DISCLAIMER - THIRD- PARTY WEBSITE INFORMATION

We strive to provide accurate, timely information to help you navigate resources on third-party websites. However, please note that these external sites are not under our control, and the content they publish may change without notice. As a result, some details—such as links, policies, or procedures—may become outdated over time.

We sincerely apologize for any confusion or inconvenience this may cause. Your trust means a great deal to us, and we are committed to supporting you. If you encounter outdated or incorrect information, please don't hesitate to let us know—we'll do our best to correct it promptly and guide you in the right direction.

Thank you for your understanding.