

Emergency Contacts



In the event of an emergency or crisis, call 911 for immediate assistance or contact one of the following resources.

Suicide and Crisis Lifeline

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.

Call 988
Text 988
Chat online at
988lifeline.org/chat

Veterans Crisis Line

Connects veterans in crisis and their families and friends with qualified VA responders through a 24/7 confidential toll-free hotline, online chat, or text. Support for deaf and hard of hearing individuals is available.

Dial 988 then press 1
Text 838255
or
Chat online at
veteranscrisisline.net/get-help-now/chat

Vets4Warriors*

**This is not a crisis response organization*

Provides 24/7 confidential, stigma-free, peer-support by veterans to Active Duty, National Guard, and Reserve service members, veterans, retirees, and their families/caregivers.

Call 855-838-8255
or
Chat online at
vets4warriors.com/contact

Crisis Text Line

Free, 24/7 support from a trained Crisis Counselor. Anyone in crisis can text from anywhere in the USA, anytime and about any type of crisis and will be connected via text to the trained crisis counselor.

Text HELLO to 741741

Emergency Contacts



You are encouraged to research your local resources and list them below for easy reference in the event of an emergency:



Nearest Emergency Room

Hospital Name:

Emergency Phone Number:

Address:



Nearest VAMC, CBOC, or Clinic

Facility Name:

Phone Number:

Address:



Community Behavioral or Mental Response Team

Program Name:

Phone Number:

Address:



Trusted Therapist or Mental Health Professional

Therapist Name:

Phone Number:

Address:



Insurance Information