

Veteran & Servicemen Resources

United States-

- The Veterans Crisis Line (<https://www.veteranscrisisline.net/>) is a 24-hour, toll-free hotline that provides phone, webchat, and text options available to military veterans and their families. It provides options for deaf and hard of hearing individuals.
 - The Veterans Crisis Line can be reached at 1-800-273-8255, followed by Pressing 1.
 - The hotline will be available to be reached by dialing 988 by July 2022. The 988 number is currently activated on T-Mobile US. Like calling the other phone number, the Veterans Crisis Line can be reached by pressing 1 after calling the 988 phone number.
 - The hotline can also be reached by texting to 838255.
 - <https://www.va.gov/> Online chat & resources available.
 - Text "HELP" to **838255** for assistance.
 - <https://saluteheroes.org/get-help/resources/> for resources, helplines, & information
 - **Safe Helpline** staff are standing by. Call or chat with us anytime at 877-995-5247 or SafeHelpline.org/online. Safe Helpline is the Department of Defense's (DoD) sole hotline for members of the DoD community affected by sexual assault, operated by RAINN, and available worldwide.
 - **Stop Soldier Suicide** works 1-on-1 with troops, veterans, and military family members to help navigate the maze of services, programs, and assistance available. <https://stopsoldiersuicide.org/get-help>
 - Lifeline for Vets: (888) 777-4443. Also geared toward veterans and their families, this toll-free PTSD helpline provides crisis intervention, referrals, and information.
- **Canada-**
 - <https://www.veterans.gc.ca/eng/contact/emergency>
 - Veterans Crisis Hotline- 1-800-268-7708
 - Mental Health resources for Canadian Armed Forces members and families
 - Are you in distress? Call the Member Assistance Program right now at 1-800-268-7708
 - Are you worried about your family member? Call the Family Information Line right now at 1-800-866-4546
 - Veterans Affairs Crisis Line- Call our Assistance Service Operators at: 1-800-268-7708 or TDD 1-800-567-5803
 - Military Family Resources- Family information line: 1-800-866-4546
 - Royal Canadian Legion- Canada's largest veteran and community support organization
 - Call toll free: 1-888-556-6222
 - The Canadian Veterans Advocacy- Not-for-profit corporation focused on improving the quality of life for Canadian Veterans- Call: 1-905-357-3306

- Non-military Veterans Support Line- Independent and anonymous support line, staffed by veterans with PTSD: 1-855-373-8387
- **United Kingdom-**
 - Freephone (UK only): 0808 1914 2 1
 - Telephone (overseas): +44 1253 866 043
 - Email: veterans-uk@mod.gov.uk
(All services available- normal service 8.00 am to 4.00 pm Monday to Friday)
 - Combat Stress is the UK's leading mental health charity for veterans offering free treatment and support to ex-servicemen and women of the UK Armed Forces. Call us on 0800 138 1619, text us on 07537 404 719 or email helpline@combatstress.org.uk.
 - The Veterans' Gateway is for any ex-service personnel and their families looking for advice or support – whatever they're dealing with. They provide the first point of contact to a network of military and non-military partner organisations to help you find exactly what you need, when you need it - whether you're in the UK or overseas. For 24-hour support go to Veterans' Gateway or call 0808 802 1212.
 - Big White Wall offers online mental wellbeing support 24/7 where you can share your concerns with others who feel like you. It's safe, anonymous and has Wall Guides (counsellors) available 24/7. This service is free to veterans.
 - The Confederation of Service Charities (Cobseo) represents the whole serving and veterans community and promotes the welfare and general interests of the armed forces community.
- **Australia**
 - <https://stopsoldiersuicide.org/get-help>
 - Australian Defence Force mental health (all hours support)- 1800 628 036
 - Men's Legal Service (law firm for men and their family life)- 1800 463 675 or www.menslegalservice.org.au
 - Mensline- 1300 789 978 or www.mensline.org.au

More resources for DoD, Veterans, and servicemen available for each country, by request.