

New Veterans Crisis Line number – Dial 988 then Press 1



The Veterans Crisis Line’s new number—[Dial 988 then Press 1](#)—gives Veterans in crisis a shorter, easier-to-remember way to get support as quickly as possible.

You don’t need to be an expert to make a difference in the life of a Veteran. Anyone can spread the word. Start by making sure all the Veterans in your life know about this new number.

Talk to the Veterans in your life

Reach out to those you served with to let them know about the new Veterans Crisis Line number and ask them to save 988 in their phones. Remind them that, after dialing, Veterans will need to Press 1 to reach the Veterans Crisis Line.

Tell your family members, too. You never know when a crisis will happen. Make sure you and the people you care about are prepared.

Post the new number on social media

If you stay connected with fellow Veterans through social media, consider sharing the new number through Facebook, Twitter and Instagram. We have [sample posts and graphics](#) available to spread awareness.

Share information about the Veterans Crisis Line

You're never alone. Veterans Crisis Line responders answer day and night. They listen to you and make sure you're safe. If you would rather [text \(838255\)](#) or chat ([VeteransCrisisLine.net/Chat](#)), those options are also available.

You can find digital materials, like downloadable fact sheets and graphics with information about the Veterans Crisis Line, on [VeteransCrisisLine.net](#) to help spread the new number far and wide.

The Veterans Crisis Line number is new, but the support is the same. You don't have to be enrolled in VA benefits or health care to connect.

To call, [Dial 988 then Press 1](#).

Chat online at [VeteransCrisisLine.net/Chat](#).

Text [838255](#).