

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Crisis Resources

911 in case of a dangerous or life-threatening emergency, always dial 911 immediately.

DoD Domestic Abuse Victim Assistance Directory and 24/7 Hotline Information connects individual to local Family Advocacy Program offices, which work to prevent domestic abuse, child abuse and neglect by providing education and awareness programs for all members of the military community. The locator also provides state and local 24/7 hotline information. Visit militaryonesource.mil and search “victim assistance”

Military Helpline is a free, confidential crisis service staffed by veterans and others trained in military culture. They operate 24/7, 265 days a year. (888) 457-4838 militaryhelpline.org

National Domestic Violence Hotline is a 24/7 confidential resource hotline that provides emotional support, local resources, and safety plans for those who are in domestic violence situation or their loved ones. (800) 799-7233 thehotline.org

National Suicide Prevention Lifeline is a free, confidential crisis service that operates 24/7. By calling the number, you will be connected to a skilled, trained crisis worker who works at the Lifeline network crisis center closest to you. 1-800-273-8255 (for Veterans, press 1) suicidepreventionlifeline.org

RAINN (Rape, Abuse & Incest National Network) provides a national hotline for survivors of sexual assault and their loved ones. Provides connection to local sexual assault programs, safety planning, and self-care, online chat also available. (800) 656-4673 rainn.org

Safe Helpline is the DoD’s sole hotline for members of the DoD community affected by sexual assault. Safe Helpline is a completely anonymous, confidential, 24/7 service that provides support and resources by phone, online chat, or through their peer-to-peer Safe HelpRoom. (877-995-5247) safehelpline.org

Stack Up helps US and Allied military Service Members get through deployments to combat zones and recover from traumatic physical and emotional injuries by connecting through video games. They also provide round-the-clock access to a team of trained and certified crisis management volunteers. stackup.org

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Suicide Prevention Program is a part of the U.S. Coast Guard Office of Work-Life Programs. They provide information and resources regarding suicide prevention. Emergency suicide crisis services can also be accessed 24/7 via the CG SUPRT Program toll free number 855-CGSUPRT (855-247-8778). uscg.mil/worklife/suicide_prevention.asp

Trans Lifeline offers direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. They offer a hotline for trans and questioning peers, as well as a Family & Friends hotline. (877) 565-8860 translifeline.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. thetrevorproject.org

Veterans Crisis Line is a free, confidential, 24/7 hotline and online chat available to Service Members and Veterans of all branches of the military and their loved ones in suicidal crisis or emotional distress. 1-800-273-TALK (800-273-8255), press “1”. [Veteranscrisisline.net](https://veteranscrisisline.net)

VA Caregiver Support Program provides resources and support for family caregivers. They have a Support Line for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. They provide information on caregiver support services, counseling, educational services, and referrals to local Caregiver Support Program staff at VA medical centers. VA's Caregiver Support Line 1-855-260-3274 is toll-free Monday through Friday 0800-2200 ET, Saturday 0800-1700 ET. caregiver.va.gov

VA National Call Center for Homeless Veterans hotline ensures that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state, and local partners, community agencies, service providers and others in the community. 1-877-4AID VET (877-424-3838). va.gov/HOMELESS/NationalCallCenter.asp