



U.S. Department  
of Defense



## ① Conversation can save a life

**Military Crisis Line: Confidential help for Service members and their friends and families.** The Military Crisis Line is a toll-free, confidential resource that connects Service members and their families and friends with qualified, caring responders.

Active Duty, National Guard, and Reserve Service members, along with their loved ones, can call **1-800-273-8255** and **Press 1**, chat online at **[www.MilitaryCrisisLine.net](http://www.MilitaryCrisisLine.net)**, or send a **text message to 838255** to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year.

The professionals at the Military Crisis Line are specially trained and experienced in helping the military community coping with issues – such as chronic pain, anxiety, depression, sleeplessness, anger, or any of life's challenges.

Many of the responders were in the military and understand what Service members and their families have been through.

U.S. Service members in Europe, Korea, and Afghanistan may also receive free confidential support through the following lines / DSN numbers to receive support from responders at the Military Crisis Line in the U.S.:

In Europe call 00800 1273 8255 or DSN 118 \*

In Korea call 0808 55 118 or DSN 118

In Afghanistan call 00 1 800 273 8255 or DSN 111

*\* In Europe, toll-free service may not be available through all carriers or in all countries*

**Whether you're a Service member, or a concerned friend or family member, confidential assistance is only a quick call, click or text away.**

For more information about the Military Crisis Line, visit **[www.MilitaryCrisisLine.net](http://www.MilitaryCrisisLine.net)**

The DoD's Defense Suicide Prevention Office collaborates with the Department of Veterans Affairs to prevent suicide in the military and to support the Military Crisis Line.

..... Confidential chat at **[MilitaryCrisisLine.net](http://MilitaryCrisisLine.net)** or text to **838255** .....



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