

Suicide prevention resources available for veterans, servicemembers

The American Legion
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September is National Suicide Prevention Awareness Month and The American Legion is helping to raise awareness about the mental health resources that are available to support veterans, servicemembers and their families in need.

Veterans, servicemembers and their loves ones can connect in confidence with VA responders 24 hours a day, seven days a week by contacting the [VA's Crisis Line](#) in the following three ways:

- Call toll-free at (800) 273-8255 and then press 1
- Text the number 838255
- Chat online at www.veteranscrisisline.net/chat

According to the VA's website, since launching the Veterans Crisis Line in 2007, more than 2.8 million calls have been answered; since 2009, the anonymous online chat service has engaged in more than 332,000 chats; and since November 2011, the Veterans Crisis Line has responded to more than 67,000 texts. The responders at the Veterans Crisis Line are specially trained and experienced in helping veterans of all ages and circumstances.

The [VA's Suicide Prevention Site](#) also features other resources such as a self-check quiz at www.veteranscrisisline.net/quiz and access to local support facilities [here](#).

To show your support to a veteran or servicemember who may be at risk, help spread the message about suicide prevention awareness on social media by using VA's hashtag #BeThere. The VA has downloadable materials to spread the message about the crisis hotline, examples of support messages to send to a loved one, and #BeThere informatio