

Suicide Prevention Resources



Veterans/Military Crisis Line (VCL/MCL):

Phone: 800-273-8255 (Press 1) or Text: 838255

Calling from overseas:

In Europe: Call 00800 1273 8255 or DSN 118

In Korea: Call 0808 555 118 or DSN 118

In Afghanistan: Call 00 1 800 273 8255 or DSN

Chat: www.veteranscrisisline.net/get-help/chat

Web: www.veteranscrisisline.net



National Suicide Prevention Lifeline:

Phone: 800-273-TALK (8255); TTY: 800-799-4889

Web: suicidepreventionlifeline.org



Military OneSource:

Phone: 800-342-9647

Chat: livechat.militaryonesourceconnect.org/chat

Web: www.militaryonesource.mil

App: My Military OneSource (Available Google Play and Apple App Store)

Military and Family Life Counseling (through Military OneSource)

The Military and Family Life Counseling Program supports service members, their families and survivors with non-medical counseling worldwide. Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation.



inTransition

Phone: 800-424-7877

Outside the United States (international toll-free number): 800-424-4685

Outside the United States (collect): 314-387-4700

All calls are confidential and free.

A free, confidential program offers specialized coaching and assistance for active duty Service members, National Guard members, Reservists, Veterans, and retirees who need access to a new mental health provider or wish to initiate mental health care for the first time. inTransition services are available to ALL military members regardless of length of service or discharge status.



**American
Foundation
for Suicide
Prevention**

American Foundation for Suicide Prevention

Toll-Free: 888-333-AFSP (2377)

Phone: 212-363-3500

General Inquiries: info@afsp.org

Web: afsp.org

The American Foundation for Suicide Prevention is the nation's largest non-profit dedicated to saving lives and bringing hope to those affected by suicide.



911

Phone: 911

Web: www.911.gov

In an emergency, dial 911 or your local emergency number immediately. An emergency is any situation that requires immediate assistance from the police, fire department, or an ambulance.