

Veterans Crisis Line: 1-800-273-8255 OR text to 838255 **24/7**

<https://www.veteranscrisisline.net/GetHelp/>

If you are a Veteran in crisis or know one who is, call 1-800-273-8255 and Press 1 to confidentially speak with a trained, caring VA responder and get connected to services that can make a difference. Chat online or text with a VA responder to receive anonymous support now. Deaf or hard of hearing individuals using TTY can call 1-800-799-4889.

DSTRESS: 1-877-476-7734 to speak anonymously with a live person. **24/7**

<http://www.usmc-mccs.org/services/support/dstress-line/>

The Marine Corps DSTRESS Line provides a 24 hours a day, 7 days a week, anonymous phone and chat and referral service using a 'Marine-to-Marine' approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture. DSTRESS Line's goal is to help callers improve total fitness and develop the necessary skills required to cope with the widely-varying challenges of life in the Corps.

Centerstone: 1-866-781-8010 **24/7**

<https://centerstone.org/locations/military-services/>

We offer services to active-duty military, veterans and their loved ones. Confidential services include face-to face counseling, couples and family counseling, therapeutic retreats, housing assistance, employment counseling, homelessness prevention and other online resources (forums and workshops).

Our providers are trained to work with the military and many of us are former service members ourselves. We know that the decision to seek treatment is a personal one, and we hold our clients' privacy in the utmost regard.

National Hope line Network: 1-800-442-HOPE (4673) **24/7**

<http://hopeline.com/>

IMAlive is a live online network that uses instant messaging to respond to people in crisis. People need a safe place to go during moments of crisis and intense emotional pain.

Imagine again you're that person in crisis, and you've started a chat on IMAlive. The blinking cursor starts to move.

Give an Hour:

<https://giveanhour.org/> OR <https://giveanhour.org/get-help/#providerSearch>

At Give an Hour we believe that we can reduce emotional suffering by harnessing the skills and generosity of volunteer mental health professionals across our nation to provide those in need with help and hope.

We also believe that it is time to change the culture around mental health and believe that everyone can contribute to this effort.

If you are seeking help, we provide access to volunteer mental health professionals who offer a range of services to address a variety of needs.

We provide services to a variety of people and their loved ones, to include:

Those currently serving in the military, veterans (regardless of discharge status, deployment status, or era of service), and their families

Survivors of human trafficking in Northern Virginia

Groups supported by the New Hampshire Psychological Association's Give an Hour to Change Direction initiative

Groups supported through Give an Hour California

Survivors of gun violence through our partnership with Everytown for Gun Safety – launching soon

Headstrong: <http://getheadstrong.org/>

After returning from service in the United States Marine Corps about a decade ago, Zach Iscol noticed that his fellow veterans were struggling with caring for their mental health due to lack of access to care, and inability to deal with psychological stress.

In 2012, he founded Headstrong, in partnership with Weill Cornell Medical College, one of the nation's leading mental health care centers. With the help and direction of top clinicians in the country, Headstrong developed a comprehensive treatment program for post 9/11 veterans dealing with PTSD, Military Sexual Trauma, addiction, anxiety and depression, trauma, grief and loss, and anger management.

We currently treat veterans in the New York Metro area, Buffalo, Rochester, Ithaca, San Diego and Riverside County, L.A., Houston, Chicago, Washington D.C., Denver, Boulder, and Colorado Springs with plans to expand to additional cities by end of year and nationwide within the next three years.

Vets4Warriors: 1-855-838-8255 **24/7**
<http://vets4warriors.com/>

To provide sustained, confidential peer support to any veteran, service member, family member, or caregiver whenever they have an issue, wherever they are in the world. We help before challenges turn into crises.

We believe that there is no physical, mental, or social challenge that we can't help find a solution for. Regardless of the complexity of the issue, or how long it takes, we will continue to follow up, seek out possible avenues, and pursue different options until an answer is found. We go the extra mile.

We serve veterans of all generations and the entire military community, from those who just put on a uniform, to the caregiver of a veteran who has long since stopped wearing a uniform.