

Resilience Resources: Hotlines and Chats

- **National Suicide Prevention Hotline**

- [Website](#)
- [Chat](#)
- Call: 1-800-273-8255 (veterans should select option 1)
→ Effective July 16, 2022, anyone can access the hotline by dialing 988
- Text: 838255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Resources available in English and Spanish.

- **Project Refit**

- [Website](#) (with a chat option)
- [Group sessions](#) (every Monday and Friday, with private sessions on Wednesdays)

Project Refit's mission is to combat isolation. We plan to accomplish this by building the community of the future both on and offline. We serve military, veterans, and first responders. Several times a week, the group hosts an online support group.

- **Headstrong**

- [Website](#)
- [Intake form](#)

Headstrong provides at no expense, confidential and stigma-free mental health treatment for military members, veterans, and their families regardless of service era or discharge. Complete the intake form and you will be contacted by a staff member to match you with a therapist.

- **Crisis Text Line**

- [Website](#)
- Text: HOME to 741741 (will connect you to a crisis counselor)

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. Services are available 24/7, in English and Spanish.

- **George W. Bush Institute’s Veterans Wellness Alliance**

- [Website](#)
- Call: 630-522-4904
- Email: checkin@veteranwellnessalliance.org

Connecting veterans with the support and services they need to live happier, healthier, more successful lives—and to make sure veterans are treated like people, not case numbers, every step of the care journey. Complete the referral form on the website and you will be assigned to a Care Coordinator, who will create a personalized care plan based on the programs and organizations best able to provide help.

- **Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Helpline (a branch of the U.S. Department of Health and Human Services)**

- [Website](#)
- Call: 1-800-662-HELP (4357)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders. The website also provides an [online treatment locator](#).

- **SAMHSA’s Disaster Distress Hotline**

- [Website](#)
- Call: 1-800-985-5990

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. This includes incidents of mass violence and anniversaries/trigger events. Spanish-speakers can call the hotline and press “2” for 24/7 bilingual support.

- **National Alliance on Mental Illness**

- [Website](#)
- Call: 1-800-950-NAMI (6264)
- Email: info@nami.org

Our toll-free HelpLine allows us to respond personally to hundreds of thousands of requests each year, providing free information and support—a much-needed lifeline for many. The HelpLine is open Monday through Friday from 10 AM to 10 PM EST.