

Supporting Veterans

Veterans Crisis Line

crisis support for veterans, active duty service members, and their families or support people

**available 24/7/365*

Call: 1-800-273-8255, press 1

Text: 838-255

TTY: 1-800-799-4889

Info/Chat: veteranscrisisline.net

Vet Center

counseling, peer support, and other resources for veterans and their families at community based offices

Call: 1-877-927-8387

Info: vetcenter.va.gov

Coaching into Care

confidential national call center for family members and friends to receive education, consultation, and referrals

Call: 1-888-823-7458

Info: vetcenter.va.gov

Vets 4 Warriors

independent 24/7 peer-support network

**does not provide crisis support*

Call: 1-855-838-8255

Email: vets4warriors@ubhc.rutgers.edu

Info/Chat: vets4warriors.com

Make the Connection

personal videos from veterans and their families

Info: maketheconnection.net

Help for Homeless Veterans

Call: 1-877-424-3838

Info: va.gov/homeless

Self Assessment

self-check quiz for mental health

Info: vetsselfcheck.org

Coping and Symptom Management Apps

free on Android or Apple

My 3

safety plan and resources

Moving Forward

problem solving skills for stress

Virtual Hope Box

coping and relaxation

Tactical Breather

breathing technique to control stress

PTSD Coach

managing PTSD symptoms

CBT-i

improve sleep quality and duration



Provided for informational purposes only.

Rattle the Stars does not provide suicide crisis intervention services.