If you or someone you know needs support, the Military Crisis Line is available 24/7.

Dial 988 and press 1;
text 838255;
or chat online at www.veteranscrisisline.net/chat.

Request a no-charge call-back using chat;
or in Europe, call 00800 1273 8255 or DSN 118.
For Korea, call 0808 555 118 or DSN 118.
All are available 24/7.