

# VA is here for you.



## Mental health resources and treatment

- Help for Veterans who want to **stop using or misusing tobacco, alcohol or other drugs.**
- **Care for survivors** of military sexual trauma.
- **Evidence-based therapies** to help with conditions like traumatic brain injury, posttraumatic stress disorder and chronic pain.
- **Specialized support** for Veterans of all genders, ages, races, sexual orientations and branches of service.

## Care wherever you are

Connect with mental health care in person or remotely:

- At your local VA facility or Vet Center.
- Over the phone.
- Using telehealth video tools.

Anyone who is concerned about a Veteran in their life can get free guidance from VA's **Coaching Into Care** counselors.

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Learn more about VA services, programs and ways to access care at [www.MentalHealth.va.gov](http://www.MentalHealth.va.gov).

*Learn More!*



## Are you or a Veteran loved one in crisis?

Confidential assistance is only a call, text or click away.

The **Veterans Crisis Line** connects Veterans and Service members in crisis — and their family members and friends — with qualified, caring VA responders. Support is available 24/7 through a confidential toll-free hotline, text-messaging service or online chat. **Call 988 and Press 1, text to 838255** or chat online at **[VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat)**.



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