

# You are not alone

Veterans may question the meaning of their service or whether it was worth the sacrifices they made. They may feel more moral distress about experiences they had during their service. **It's normal to feel this way.** Talk with your friends and families, reach out to battle buddies, connect with a peer-to-peer network, or sign up for mental health services.

## Resources available right now

- **Veterans Crisis Line** - *If you are having thoughts of suicide, call [1-800-273-8255](tel:1-800-273-8255), then PRESS 1 or visit <http://www.veteranscrisisline.net/>*
  - For emergency mental health care, you can also go directly to [your local VA medical center](#) 24/7 regardless of your discharge status or enrollment in other VA health care.
- **Vet Centers** - *Discuss how you feel with other Veterans in these community-based counseling centers. **70% of Vet Center staff are Veterans.** Call [1-877-927-8387](tel:1-877-927-8387) or find one [near you](#).*
- **VA Mental Health Services Guide** - *This guide will help you sign up and access mental health services.*
- **MakeTheConnection.net** - *information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues.*
- **RallyPoint** - *Talk to other Veterans online. Discuss: [What are your feelings as the Taliban reclaim Afghanistan after 20 years of US involvement?](#)*
- **Download VA's self-help apps** - *Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.*
- **Tragedy Assistance Program for Survivors (TAPS)** - [Request a Peer Mentor](#)
- **VA Women Veterans Call Center** - *Call or text [1-855-829-6636](tel:1-855-829-6636) (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)*
- **VA Caregiver Support Line** - *Call [1-855-260-3274](tel:1-855-260-3274) (M-F 8AM - 10PM & SAT 8AM - 5PM ET)*
- **Together We Served** - [Find your battle buddies](#) through unit pages
- **George W. Bush Institute** - *Need help or want to talk? [Check In](#) or call: [1-630-522-4904](tel:1-630-522-4904) or email: [checkin@veteranwellnessalliance.org](mailto:checkin@veteranwellnessalliance.org)*
- **Elizabeth Dole Foundation Hidden Heroes** - [Join the Community](#)
- **American Red Cross Military Veteran Caregiver Network** - [Peer Support and Mentoring](#)
- **Team Red, White & Blue** - *Hundreds of events weekly. [Find a chapter](#) in your area.*
- **Student Veterans of America** - *Find a [campus chapter](#) to connect with.*
- **Team Rubicon** - *Find a [local support](#) squad.*