



# Tuesday's Tip

information provided by Adriance Memorial Library to make your life a little bit easier . . . .

Veterans Crisis Line

January 6, 2015

There is immediate and confidential help for veterans - or their loved ones- having any type of crisis. With the Veterans' Crisis Line veterans, or their loved ones, can:

*call toll free, text, or chat online.*

<http://veteranscrisisline.net/ForVeterans.aspx>

Confidential Help for Veterans and Their Families

The Power of 1 Signs of Crisis Resources Get Help About

**I am a Veteran**

**IT'S OUR CALL. WE'VE EARNED IT.**

U.S. Coast Guard, 2003-2007    U.S. Army, 1961-1981    U.S. Navy, 1984-1990    U.S. Marine Corps, 2002-2007    U.S. Air Force, 1974-1984

**You served your country. Now let VA serve you.**

If you're a Veteran in crisis or know a Veteran who is, confidential support is only a phone call, click, or text away—24 hours a day, 7 days a week, 365 days a year.

The Veterans Crisis Line, [online chat](#), and text-messaging service are free to all Veterans, even if you are not registered with the U.S. Department of Veterans Affairs (VA) or enrolled in VA health care. Hundreds of Veterans call us every day, and start to get back on track.

The Veterans Crisis Line is staffed by caring, qualified VA responders—many of whom are Veterans themselves. They understand what Veterans have been through and the challenges Veterans of all ages and service eras face.

Crisis feels different for everybody and can arise from a wide range of situations before, during, or after military service. Some Veterans are coping with aging, stress, or similar

"It's the first step you can take to get the help you need to get your life back on track. People are here to help you."

Justin White,  
U.S. Marine Corps, 1996-1999

Please make sure the veterans you know are aware of this resource. Together we can fight the unjustified stigma of shame in asking for help—and maybe save a life!