# **U.S. Department of Veterans Affairs Office of Mental Health & Suicide Prevention**

**Veterans Crisis Line Social Media Posts – Last updated August 31, 2021**

| **Facebook Copy (280 characters)** | **Twitter Copy (280 characters)** | **Instagram Copy** | **Media Asset** |
| --- | --- | --- | --- |
| You don’t have to fight alone. If you’re a Veteran having thoughts of suicide, call the Veterans Crisis Line now at 1-800-273-8255 and Press 1. | Help is always available. If you’re a #Veteran considering suicide, call the #VeteransCrisisLine now at 1-800-273-8255 and Press 1. | If you’re a #Veteran having suicidal thoughts, call the #VeteransCrisisLine now at 1-800-273-8255 and Press 1. #SuicidePrevention #SuicideAwareness | *Facebook/Twitter Image*    *Instagram Image* |
| Add the Veterans Crisis Line to your contacts in case you or a Veteran friend needs it. Be prepared. Do it now. [VeteransCrisisLine.net](http://www.veteranscrisisline.net) | Save the #VeteransCrisisLine number to your phone and encourage your fellow #Veterans to do the same. Be prepared. [VeteransCrisisLine.net](http://www.veteranscrisisline.net) | Save the #VeteransCrisisLine number to your contacts. Be prepared in case you or a #Veteran friend needs it. [VeteransCrisisLine.net](http://www.veteranscrisisline.net) #SuicidePrevention #SuicideAwareness | *Facebook/Twitter Image*    *Instagram Image* |
| If you’re having suicidal thoughts, call the Veterans Crisis Line now: 1-800-273-8255 and Press 1. It can get better. | If you’re having suicidal thoughts, call the #VeteransCrisisLine now: 1-800-273-8255 and Press 1. It can get better. | If you’re having suicidal thoughts, call the #VeteransCrisisLine now: 1-800-273-8255 and Press 1. It can get better. #SuicidePrevention #SuicideAwareness | *Facebook/Twitter*    *Instagram* |
| The Veterans Crisis Line is available 24/7 to give crisis support to all Veterans and their loved ones. Learn more at [VeteransCrisisLine.net](https://www.veteranscrisisline.net). | The #VeteransCrisisLine is available 24/7 to give crisis support to all Veterans and their loved ones. Learn more at [VeteransCrisisLine.net](https://www.veteranscrisisline.net). | The #VeteransCrisisLine is available 24/7 to give crisis support to all Veterans and their loved ones. Learn more at [VeteransCrisisLine.net](https://www.veteranscrisisline.net). #SuicidePrevention #SuicideAwareness | *Facebook/Twitter*    *Instagram* |
| We’re here to help. If you’re having suicidal thoughts, call the Veterans Crisis Line at 1-800-273-8255 and Press 1. Support is available 24/7.  [VeteransCrisisLine.net](https://www.veteranscrisisline.net/) | We’re here to help. If you’re having suicidal thoughts, call the #VeteransCrisisLine at 1-800-273-8255 and Press 1. Support is available 24/7.  [VeteransCrisisLine.net](https://www.veteranscrisisline.net/) | We’re here to help. If you’re having suicidal thoughts, call the #VeteransCrisisLine at 1-800-273-8255 and Press 1. Support is available 24/7.  [VeteransCrisisLine.net](https://www.veteranscrisisline.net/)  #SuicidePrevention #SuicideAwareness | *Facebook/Twitter*  Graphical user interface, text, application, chat or text message  Description automatically generated  *Instagram*  A person talking on a cell phone  Description automatically generated |
| Save the Veterans Crisis Line number in your phone so you can be prepared to help a Veteran in crisis or yourself.  [VeteransCrisisLine.net](https://www.veteranscrisisline.net/) | Save the #VeteransCrisisLine number in your phone so you can be prepared to help a #Veteran in crisis or yourself.  [VeteransCrisisLine.net](https://www.veteranscrisisline.net/) | Save the #VeteransCrisisLine number in your phone so you can be prepared to help a #Veteran in crisis or yourself.  [VeteransCrisisLine.net](https://www.veteranscrisisline.net/) #SuicidePrevention #SuicideAwareness | *Facebook/Twitter*  A person holding a cell phone  Description automatically generated with low confidence  *Instagram*  A picture containing text, person, cellphone, phone  Description automatically generated |
| If you’re concerned about a Veteran in your life, make sure they know about the Veterans Crisis Line. You can even call together: 1-800-273-8255 and Press 1. [VeteransCrisisLine.net](https://www.veteranscrisisline.net/) | If you’re concerned about a Veteran in your life, make sure they know about the #VeteransCrisisLine. You can even call together: 1-800-273-8255 and Press 1. [VeteransCrisisLine.net](https://www.veteranscrisisline.net) | If you’re concerned about a Veteran in your life, make sure they know about the #VeteransCrisisLine. You can even call together: 1-800-273-8255 and Press 1. [VeteransCrisisLine.net](https://www.veteranscrisisline.net)  #SuicidePrevention #SuicideAwareness | *Facebook/Twitter*  *Instagram* |
| Help is available to you day or night. If you’re in crisis, call 1-800-273-8255 and Press 1, text 838255, or chat at VeteransCrisisLine.net/chat to connect with the Veterans Crisis Line. | Help is available to you day or night. If you’re in crisis, call 1-800-273-8255 and Press 1, text 838255, or chat at VeteransCrisisLine.net/chat to connect with the #VeteransCrisisLine. | Help is available to you day or night. If you’re in crisis, call 1-800-273-8255 and Press 1, text 838255, or chat at VeteransCrisisLine.net/chat to connect with the #VeteransCrisisLine.  #SuicidePrevention #SuicideAwareness | *Facebook/Twitter*  *Instagram* |