

Dear Veteran,

We understand that mental health can be a critical aspect of your overall well-being. We want to ensure you have access to the necessary support and resources. Below are some valuable resources dedicated to supporting veterans like you:

National Hotlines

- **Veterans Crisis Line:** 1-800-273-8255 (Press 1) or text 838255
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (4357)

Local Support Services

Check with your local VA hospital or community health center for in-person support services.

Online Resources

- [VA Mental Health](#)
- [VetServe Care](#)

Remember, you are not alone. There are many individuals and organizations ready to support you. Please reach out if you need assistance.

Sincerely,
Your Support Team