



MENTAL HEALTH & CRISIS RESOURCES FOR MILITARY SERVICE MEMBERS, VETERANS, FIRST RESPONDERS & MEDICAL PROFESSIONALS

[Veteran Resources](#) | [Military Service Member & Family Resources](#)
[First Responder Resources](#) | [Medical & Healthcare Professional Resources](#)

HELP FOR VETERANS & THEIR FAMILIES: VETERANS CRISIS LINE

The Veterans Crisis Line (which is affiliated with the national 988 line) helps veterans of the armed services and their families in crisis. It is *not* required to be registered with the VA or have healthcare to connect with care.

Call 9-8-9 and press 1 or text 838-255 for help. For more information or to chat with a trained professional online, visit VeteransCrisisLine.net.

SUPPORT FOR VETERANS, ACTIVE SERVICE & THEIR FAMILIES: SOLDIERS' ANGELS

Soldiers' Angels is a non-profit organization providing mental health support and programs for deployed soldiers, spouses with a deployed partner, veterans, wounded service members, and families of service members and veterans.

For support and more information, call 210-629-0020 or visit SoldiersAngels.org.



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24/7 SUPPORT FOR ACTIVE DUTY MILITARY & FAMILIES: MILITARY ONESOURCE

A program created by the U.S. Department of Defense, Military OneSource is a resource specifically for active duty National Guard and Reserve service members and their families. The confidential 24/7 call line provides support and answers to questions related to military life, such as how to maintain a healthy relationship with a loved one who is deployed, help managing finances, how to get childcare, and questions related to moving.

Call [800-342-9647](tel:800-342-9647) or [visit MilitaryOneSource.mil](https://www.MilitaryOneSource.mil) to chat with a trained specialist.

CONFIDENTIAL CARE FOR LAW ENFORCEMENT: COPLINE

This resource is a confidential support hotline for law enforcement officers. The service, which is 24/7, is managed by retired law enforcement officers trained in active listening.

Call [1-800-COPLINE](tel:1-800-COPLINE) (1-800-267-5463) or [visit CopLine.org](https://www.CopLine.org) for more information.

SUPPORT FOR FIRST RESPONDERS: RESPONDER STRONG

First responders are at increased risk of experiencing anxiety and depression because of the trauma they are regularly exposed to. Responder Strong has a free library of articles, mindfulness courses, and other guides for coping with trauma. The group also provides online self-assessments for alcohol use, depression, anxiety, post-traumatic stress disorder, and suicide risk.

For more information, visit [ResponderStrong.org](https://www.ResponderStrong.org) or [text BADGE to 741-741](tel:741-741) to connect with a trained counselor.



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MENTAL HEALTHCARE FOR HEALTHCARE PROFESSIONALS: PHYSICIANS SUPPORT LINE

The Physician Support Line connects doctors with volunteer psychiatrists for free and confidential care without an appointment.

Support is available Monday through Friday (excluding holidays) from 8 a.m. – 12 a.m.

Call 1-888-409-0141 for help and visit PhysiciansSupportLine.com for more information.