

1.888.457.4838

Help is free, confidential,
and available 24/7



The Lines for Life Military Helpline offers help and hope to all military-connected community members. This helpline is operated independently and not affiliated with the Department of Defense.

We serve anyone in the military-connected community:

- All Veterans
- All Military Service Members
- Their family members and friends
- Providers or caregivers who support military communities

— Language interpreters available —

We provide support and resources for problems you may be facing, including:

- Financial concerns
- Finding community
- Family and relationship issues
- Post-traumatic stress
- Substance use
- Homelessness
- and more

Learn more at militaryhelpline.org

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lines *for* **life**

Military Helpline

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