

If you or someone you know is living with trauma or PTSD, know that you are not alone and that help is available.

Below are some hotlines you can reach out to.

PTSD Foundation of America
GET HELP 877-717-PTSD (7873)

Veteran Crisis Line
1.800.273.TALK (8255) – Veterans Press '1

National Veterans Foundation Hotline
1.888.777.4443

Rape, Abuse, and Incest National Network (RAIN) (24 Hours)
1.800.656.4673

National Domestic Violence Hotline
1.800.799.7233