

# If you feel unsafe...

## Help is available.

**If you are experiencing:**

### **Mental Health Crisis**

Veterans Crisis Line  
Call 988 (then press "1") or text 838255  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### **Medical Emergency**

Dial 911

### **Domestic/Intimate Partner Violence**

National Domestic Violence Hotline  
1-800-799-SAFE (7233)  
[www.thehotline.org](http://www.thehotline.org)

### **Sexual Assault/Abuse**

Rape, Abuse & Incest National Network (RAINN)  
1-800-656-HOPE (4673)  
[www.rainn.org](http://www.rainn.org)

### **Human Trafficking**

National Human Trafficking Hotline  
1-888-373-7888  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)



For additional information and resources, go to (Landing Page Address) or scan the QR code.  
Para información en español, escanear el código QR.

If you feel unsafe, use **THIS HAND SIGNAL** to let a VA staff person know you need help. Someone will speak with you privately and discreetly.



**UNIVERSAL SIGN FOR HELP**

**VA**



**U.S. Department of Veterans Affairs**  
Veterans Health Administration