This message is from the U.S. Department of Veterans Affairs. If you’re having a tough time or thinking about suicide, you’re not alone – and there’s hope! VA’s Veterans Crisis Line is full of responders who’ll listen and help. Many are Veterans or have Veteran family members and friends, so they’re prepared to address your challenges. After calling, you’ll be connected to the next available crisis line responder. That person may ask, `Are you thinking of suicide’ or `What plan can we put in place to keep you safe today?’ If you choose, the responder will share your name and personal information with your local VA suicide prevention coordinator, who’ll connect you to local VA assistance and resources. Don’t wait. Dial 988, then press 1.