



County of Inyo

-JOINT PRESS RELEASE-

***VETERANS SERVICE OFFICE
AND
HEALTH & HUMAN SERVICES DEPARTMENT***

FOR IMMEDIATE RELEASE

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HELP FOR VETERANS

Are you a Veteran in crisis or concerned about one?

Recent events in Afghanistan have been on the minds of most Veterans, particularly Veterans that have served in Afghanistan over the past 20 years. With disheartening images being shown in the news and being shared on social media, Veterans are being adversely affected in a variety of different ways.

If you are a veteran who served in Afghanistan, or any other war or conflict, and you feel the need to reach out for support, there are resources both nationally and locally that are available to you.

If you are having thoughts of harming yourself or others, you should talk to someone right away. Your family and friends may already know that you're having a tough time. You may want to turn to them and let them know what you're feeling and thinking.

You can call the Veterans Crisis Line at [1-800-273-8255](tel:1-800-273-8255) and Press 1, use the Veterans Crisis Line online chat, or send a text message to the Veterans Crisis Line at [838255](tel:838255). The Veterans Crisis Line offers free, confidential support 24 hours a day, 7 days a week, 365 days a year.

Resources available to Veterans include:

(877) WAR-VETS - Vet Center focusing on discussions with other Veterans

Giveanhour.org - offers free mental health services to veterans

[Iraq and Afghanistan Veterans of America \(IAVA\)](http://IraqandAfghanistanVeteransofAmerica.org) - Contact them 24/7/365 by calling 855-91RAPID (855-917-2743) or at www.quickreactionforce.org

www.va.gov/health-care/health-needs-conditions/mental-health/

Locally, you can also call the HHS Behavioral Health Crisis Hotline – (800) 841-5011, all services are available in your preferred language.

Please contact your local Veterans Service Office for help finding other resources. Call (760) 873-7850 or email ggreene@inyoucounty.us or contact Health and Human Services' Behavioral Health office at (760) 873-6533.