

Suicide Prevention Program

For Immediate Concerns

The Suicide Prevention Program Office is not a crisis center and does not provide counseling services.

If you need emotional support, are feeling distressed, hopeless, have questions/concerns about mental health, substance use disorder, for you or someone else, please reach out to the **National Mental Health Lifeline: 988**. If you or someone you know is thinking about death, wanting to die, or talking/thinking about suicide:

CALL, or TEXT the National Suicide, Mental Health and Substance Use Disorder Crisis Lifeline at 988.

CHAT at <https://chat.988lifeline.org/>

Military and Veteran Crisis Lifeline: 988 press 1.

Military and Veteran Crisis Lifeline CHAT: <https://www.veteranscrisisline.net/get-help-now/chat/>

Emergency: 911

Helpful Resources

National Suicide and Crisis Lifeline: <https://988lifeline.org/>

Military One Source: 1 (800) 342-9647 or www.militaryonesource.mil

Substance Abuse & Mental Health Services Administration: <https://www.samhsa.gov/>

Ireland Army Behavioral Health Clinic: (502) 626-9881/9882

Army Community Service Military & Family Life Counselors (MFLCs): (502) 624-8391

Fort Knox Employee Assistance Program (EAP): (502) 624-5497

Fort Knox Chaplain Family Life Center: (502) 624-5225

- After Hours Emergencies: After hours, call emergency services (502) 624-6847 and ask to be connected to the on-call duty Chaplain.

Your Unit Chaplain and Your Chain of Command