



# How to save the Veterans Crisis Line number in your phone

You never know when a crisis may happen. There are simple steps you can take to be prepared. Find instructions below to save the new Veterans Crisis Line number—Dial 988 then Press 1—as a contact in your iOS or Android phone.

## iOS

- 1 Navigate to the Phone app.
- 2 Tap the “Contacts” button at the bottom, and then tap the “+” button in the top-right corner to add a new contact.
- 3 Name the contact **Veterans Crisis Line**.
- 4 Tap the “add phone” button.
- 5 Type **988** on the keypad, then tap “+\*#” in the lower left corner of the keypad.
- 6 Tap the “pause” button on the keypad and then type **1**.
- 7 Tap the “Done” button in the top-right corner to save the contact.
- 8 When you use this contact, your phone will automatically route you to the Veterans Crisis Line.

## ANDROID

- 1 Navigate to the Contacts app.
- 2 Use the “+” to add a contact.
- 3 Name the contact **Veterans Crisis Line**.
- 4 Type **988** in the phone number input.
- 5 Add a pause and then type **1**. Adding a pause may appear differently on different phones. Options include:
  - Typing in a comma
  - Clicking on a pause button directly on the phone number input (this may be displayed as “two-second pause”)
  - Opening a menu by clicking three vertical dots to find the pause button
- 6 Click “Save” to save your contact.
- 7 When you use this contact, your phone will automatically route you to the Veterans Crisis Line.

*Note: Manufacturer settings can cause slight variations in your phone's contacts app. The above instructions should work for most cell phones. If further assistance is needed, contact your phone manufacturer's customer support.*

