



Veterans of Foreign Wars Auxiliary  
Department of Wisconsin  
**Veterans and Family Support**



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## **Mental Wellness**

Every day, **20 veterans die by suicide**, a staggering and heartbreaking reality. The VFW is committed to changing the narrative around mental health and breaking the stigma that keeps too many veterans from seeking help.

To raise awareness, strengthen community engagement, advance research, and support those living with invisible injuries and emotional stress, the VFW partners with several leading national organizations — Give an Hour, Campaign to Change Direction, One Mind, PatientsLikeMe, and the Elizabeth Dole Foundation. Together, we work to confront this critical issue and expand access to meaningful support.

### **How would we like to get involved?**

#### **The Campaign to Change Direction**

This national initiative is focused on transforming the culture of mental health in America. It challenges stigma and encourages everyone to recognize the **\*\*Five Signs\*\*** that may indicate someone is experiencing emotional pain and needs support.

#### **Elizabeth Dole Foundation**

Founded after witnessing the profound challenges faced by caregivers of wounded warriors, the Elizabeth Dole Foundation raises public awareness, drives research, champions policy, and uplifts America's military caregivers and their families.

#### **One Mind**

One Mind is dedicated to improving the lives of people affected by brain illness and injury. With a strong focus on traumatic brain injury and post-traumatic stress, the organization advances cutting-edge neuropsychiatric research to improve diagnostic tools and treatments. Their work also extends to patient-centered services and nationwide efforts to reduce stigma and discrimination through education and media.

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Our National Ambassador's theme for 2025-2026 "*A rising tide lifts all veterans to success!*"

Our Department Presidents theme is "*We rise by lifting others!*"

