

## VETERANS OF FOREIGN WARS AUXILIARY

### Veterans and Family Support

November 2023

According to an article published in USA TODAY, September 28, 2023, Suicides by US Veterans are still tragically high. "Every day nearly 17 U S military veterans take their own lives. According to the Veterans Administration, that number is 20, if you include active-duty soldiers. Despite the increased awareness of PTSD and other mental illnesses, despite a push by VA hospitals to do more outreach and offer better mental health care, and despite new technologies that aim to help our vets recover from mental illness, the number of suicides among veterans remains high."

*If you or someone you know is experiencing a mental health crisis, call the 988 Suicide and Crisis Lifeline which provides confidential 24/7 support or visit [988lifeline.org](https://www.988lifeline.org).*

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#### **Military Assistance Program (MAP)**

This program helps VFW & Auxiliary members give more of their local military units. It helps forge & nurture bonds with those units by providing financial assistance for Posts, Districts & Departments to sponsor moral busting send-offs, homecomings & casual get-togethers, Posts & Auxiliaries participating in Adopt-a-Unit & Family Readiness Group events can also receive assistance. For more information contact the VFW Veterans & Military Support office at 816-756-3390.

It's not too early to seek out holiday greeting cards to send a cheerful note to all veterans near and far. A note of kindness & encouragement goes a long way, even if from a stranger. Get everyone involved: Auxiliary, Post, District, local community. Please also always remember our hospitalized veterans. I personally know they appreciate the well wishes while in a hospital bed.

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The VFW & VFW Auxiliary helped pass the **Deborah Sampson Act** that will enhance and improve VA programs & health services for **women veterans** & ensure they receive the care & support they need & have earned it. It included an expansion of the Women Veterans Call Center to included text messaging capability. Call or text: 855-829-6636 or 1-855-VA-WOMEN

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