

VETERANS OF FOREIGN WARS AUXILIARY

Veterans and Family Support

September 2023

September is Suicide Awareness month. More than 20 Veterans everyday commit suicide. In a year's time that is approximately 7300 veterans we lose to this horrible activity. Do you know the five signs of mental health? Are you feeling like you? Are you feeling agitated? Are you withdrawn? Are you caring for yourself? Do you feel hopeless? **One Veteran lost to suicide is one Veteran too many.**

Keep the Veterans Crisis Line number at hand also. DIAL 988 PRESS 1. The Veteran can receive confidential support for their situation.

Download the Veterans Crisis Line card or the Teardrop Sticker from our Auxiliary Website. Share them with everyone you meet and express the Auxiliary's concern for the loss of life of our Veterans through suicide. The Suicide Prevention Pin can be purchased from the VFW Store. (#1724-\$3.25 each)



National Veterans Service (NVS) This VFW program helps veterans, service members and their families obtain the benefits they deserve--at no cost whether they are a VFW member or not. Highly skilled people assist **all** veterans in filing for claims from Disability Compensation and Rehabilitation to Employment and Training Programs. NVS also works to ensure veterans receive quality, timely and accessible VA health care including Hospital and Outpatient Care, Specialized Health Care for Female Veterans, Alcohol and Drug Dependency Treatment, and Medical Evaluation for disorders associated with military service.

For more information about all the specific programs visit vfw.org

Helen Stearns hlstearns1021@gmail.com 920-319-2621 (leave message)