

National September Suicide Prevention Awareness Month:

VFW Mental Wellness Campaign

A staggering 20 veterans die by suicide every day, and the VFW is committed to helping change the narrative and stigma surrounding mental health in America.

For those affected by invisible injuries and emotional stress, the VFW has teamed up with the nationwide organizations [Give an Hour/the Campaign to Change Direction](#), [One Mind](#), [PatientsLikeMe](#) and the [Elizabeth Dole Foundation](#) to combat this critical issue.

Know the Five Signs, Change Directions, Mental Wellness Campaign Brochure, Mental Health Overview Power Point, PatientsLikeMe Brochure, Make Your Pledge to Change the Culture Surrounding Mental Health, and VA Mental Health Information *Documents can be downloaded on the VFW website:

www.vfw.org/assistance/mental-wellness

Veteran & Military Suicide Awareness – Auxiliary Website download doc.

In order to raise awareness, foster community engagement, improve research and provide intervention

Veteran & Military Suicide Awareness Stickers

www.vfwauxiliary.org Malta/Member Resources/Programs/Veterans & Family Support

VA [Vet Centers](#) understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

Washington Department of Veterans Affairs – SPAM (Suicide Prevention Awareness Month) September

Toolkit <https://www.dva.wa.gov> Click on Counseling & Wellness, on the left side under Veterans, Service Members, & their Families click on Suicide Prevention and Support, click on Suicide Prevention Toolkit

How would you like to get involved?

Change the Stigma



The Campaign to Change Direction is a national initiative to change the culture of mental health in America. It addresses the stigmas surrounding mental health and raises awareness about Five Signs that may indicate someone is suffering emotionally and needs help. Access at Give An Hour website below



Give an Hour provides free mental health services to military members, veterans and their families. Give an Hour has been instrumental in the development of the community-based approach to addressing the challenges that face our nation's military community. <https://giveanhour.org>



With more than 400,000 members, **PatientsLikeMe** is a network that improves lives and a real-time research platform that advances medicine.

Patients use the network to track and share their own experiences, and connect with others who have the same disease or condition. www.patientslikeme.com/join/vfw



One Mind is dedicated to benefiting all affected brain illness and injury. With its current focus on supporting those with traumatic brain injury and post-traumatic stress, One Mind is fostering public-private partnerships to advance on its goal of radically accelerating the pace of brain related research and cures. **One Mind** is dedicated to accelerating the pace of brain research by financially supporting large-scale, collaborative scientific studies. The AURORA study of post-traumatic stress is one that we currently support that provides an unparalleled opportunity to understand and improve treatment for current and

future veterans and civilian trauma survivors. Funding by the National Institute of Mental Health is woefully insufficient to conduct this study, and One Mind wants to raise \$6,000,000 to complete the study as quickly as possible. <https://onemind.org>



Founded after witnessing first-hand the challenges facing the loved ones who care for our wounded warriors, the [Elizabeth Dole Foundation](#) raises public awareness, drives research, champions policy and helps uplift American military caregivers and their families. The Elizabeth Dole Foundation's [Hidden Heroes](#) campaign brings vital attention to the untold stories of military caregivers and seeks solutions for the tremendous challenges and long-term needs they face. The campaign's goals include inspiring individuals, businesses, communities, and civic, faith and government leaders to take action in supporting military caregivers in their communities, as well as connecting military caregivers to helpful resources and peer-to-peer support. www.elizabethdolefoundation.org



HHV www.healvets.org

Help Healing Veterans (Therapeutic Crafts) - **Help Veterans** Take Their Minds Off Their Pain, Letting Them Live in the Present. Providing Our **Veterans** With the Therapy They Need. Get Your Free Kit. Established In 1971. Therapeutic **Craft** Kits. Donate Online. **Help** American **Veterans**.



The Mission of the Veterans Voices Writing Project is to enable military veterans to experience solace and satisfaction through our writing program. Our Vision is a world where people appreciate that writing can both heal and entertain. www.veteransvoices.org

Idea corner for participating in National September Suicide Prevention Awareness Month:

1. Have a resource table at your events throughout the year to include suicide & mental wellness information.
2. Order Posters from **One Hour** (Change Directions) or create one to hang in you Post home, community bulletin boards, schools etc.
3. Order signs from **One Mind** to put in yards on busy streets and or roads but of course with all permissions.
4. Have a fundraiser such as a dinner, k-walk, garage sale, raffle, silent auction, cribbage tournament, gaming tournament, chili cook off, bunco night, etc. to generate funds for making donations to: Elizabeth Dole Foundation, One Mind, NAMI National Alliance on Mental Illness (google for local info)
5. Purchase the Washington License Department license plate emblem – \$10 proceeds go to the Veteran and Military Member Suicide Prevention Account or donate directly to this account – forms are on the Dept Auxiliary website
6. Make a donation or order from: Help Heal Veterans (Therapeutic Crafts)
7. Make a donation or subscribe to their magazine Veterans Voices Writing Project Inc
8. Order Crisis Line Posters to hang up in your community or Resource Rack Cards or the 5 signs cards to have available to hand out at different events
9. Provide information to your Post & Auxiliary Members on what they need to know about Suicide Prevention & Awareness.
10. **Award #1 Report:** Most outstanding activity and/or event to increase awareness of military suicide and mental health? Due March 31, 2024 to the Department Veterans & Family Support Chairman

World Suicide Prevention Day is September 10, 2023 - National Suicide Prevention Month is September (I believe everyday is suicide prevention and mental wellness day)