

VETERANS & FAMILY SUPPORT

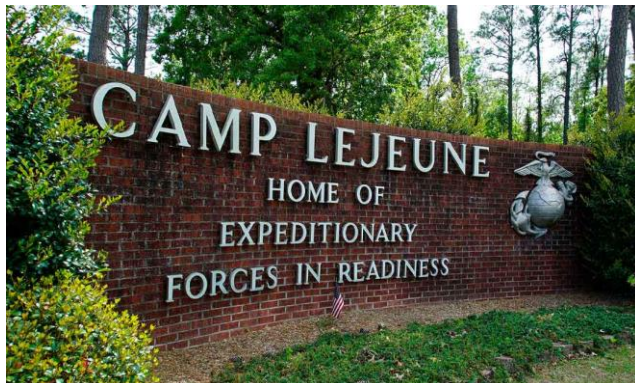
SEPTEMBER 2022

Greetings VFW Auxiliary Brothers and Sisters

You are on the move with your reporting, with that I say thank you! Don't miss out on your chance of being entered into the drawing this month for the pair of boots jewel. The drawing will take place at the CoA meeting on September 17th it could be you!! Kudu to Auxiliary 2678 of District 14 on a job well done. The communication that was performed by their members and the post hosting a parade was a great form of being visible in the community to serve our veterans and their families.

The week of August 17th I received word that MCVET is in desperate need of Facemasks. They prefer the medical facemask but will accept cloth as well. Monetary donations are also welcomed, and checks should be earmarked for the Facemask Fund. All monetary donations should be sent to the Department of MD Auxiliary and earmark Facemask. This project will run until September 1, 2022. If you need assistance in delivering the masks to MCVET, please let me know. Thank you for all your continually do for our veterans and their families.

By now I know you have seen the numerous commercials of Camp Lejeune, please see the message that was posted in the Action Corp about this matter.



Questions on Camp LeJeune Justice Act: Many veterans have reached out to the VFW regarding the Camp LeJeune provision ([Section 804](#)) of the recently passed PACT Act. Please be advised that there is an offset of VA disability benefits with any settlement that may be received through a lawsuit. Veterans are encouraged **NOT** to sign any contracts to participate in lawsuits until VA clarifies how the settlements will affect service-connected benefits and care. VA regulations on this are expected in the coming months. For clarification on the impact to your current or future VA benefits, contact an accredited [VFW service officer](#) near you.

Remember, **September is National Suicide Prevention Awareness Month**. Each day, an estimated 20 veterans commit suicide. The VFW Auxiliary is committed to lowering this number and changing the stigma surrounding mental health in America. You can help lower this number and make a difference in the life of a veteran or service member in crisis by educating yourself and others about the warning signs of suicide.

Wear the VFW Auxiliary **veterans and military suicide awareness pin** available from the VFW Store. When someone asks about it, explain our concern about the number of veteran and military suicides. It's an easy way to bring veteran and military suicide awareness into our communities.

Signs of Crisis

The end of a personal relationship. The loss of a job. Everybody faces difficult times in life, and people cope with stressful situations in different ways. When emotional issues reach a crisis point, contact the Veterans Crisis Line.

Learn to Recognize Signs

Every Veteran is different, and many may not show any signs of intent to harm themselves. But some actions and behaviors can be a sign that they need help.

These signs require immediate attention. If you are experiencing any of these and need medical attention, call 911 now. For immediate help in dealing with a suicidal crisis, contact the Veterans Crisis Line: [Dial 988](#) then Press 1.

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

Warning Signs

These signs may indicate that a Veteran needs help. If you or a Veteran you know is experiencing any of these, contact the Veterans Crisis Line now: [Dial 988](#) then Press 1.

- Appearing sad or depressed most of the time
- Hopelessness
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live
- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug misuse
- Losing interest in hobbies, work, or school
- Neglecting personal welfare and appearance
- Withdrawing from family and friends

- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

Take a Self-Check Assessment

People cope with stressful situations in different ways. If you feel like you might be heading toward a crisis, VA or community-based services could help. Take a confidential, anonymous risk assessment to see if stress and depression might be affecting you.

Start a Conversation

You don't have to be an expert to talk to a Veteran facing challenges. You just need to show genuine care and concern. Here are some things to remember:

Listen more than you speak—don't dominate the conversation.

Local Resources

No matter what you're experiencing, we have resources and support systems to help get your life back on track.

Privacy and Security

The Veterans Crisis Line is a confidential, secure resource. You choose whether to share personal information.

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

Veteran & Military Suicide Awareness Teardrop Sticker

I've included a printable teardrop sticker template. When someone asks you about your sticker, tell them that the VFW Auxiliary is concerned about the rates of suicides among veterans and military personnel; we want everyone to be aware of the unique stresses that face them.

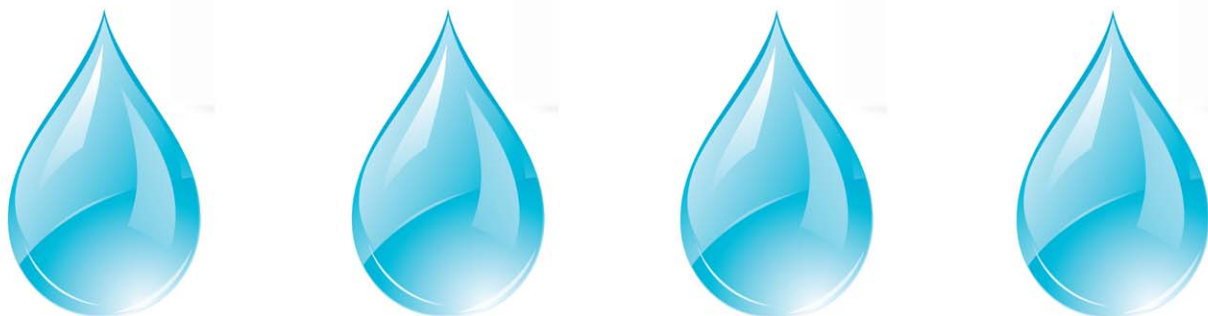
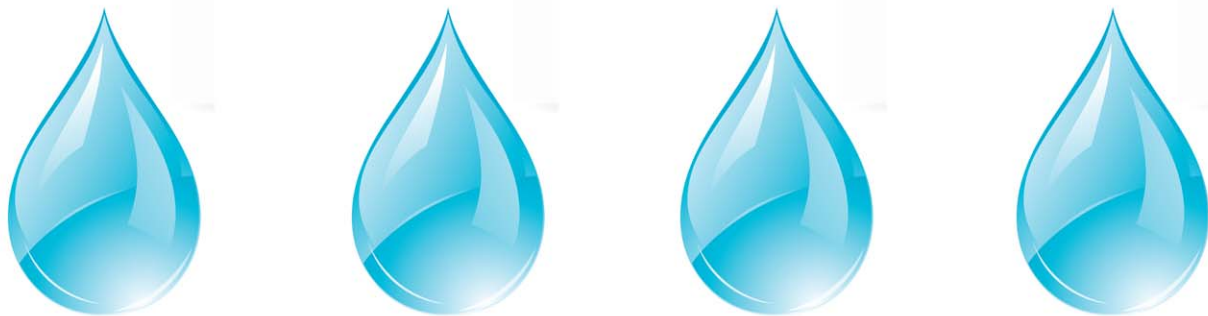
Share the Veterans Crisis Line with them: 1.800.273.8255, Press 1 or www.veteranscrisisline.net.

Therefore, continue to put on your boots as we continue to show and share our Veterans' and their families' support by reporting our activities for them.

Peace and Blessings,

Felicia Weeks, PDP
Veterans & Family Support Chairman
Mirretha@aol.com

Veteran & Military Suicide Awareness Teardrop Sticker



Instructions: Print this document on 8.5 x 11 sticker paper and cut out the teardrops to use them as stickers. (Try Avery 8165 for inkjet printers. When someone asks you about your sticker, tell them that the VFW Auxiliary is concerned about the rates of suicides among veterans and military personnel; we want everyone to be aware of the unique stresses that face them.

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