

## Resources to Find Help

### Veterans Crisis Line

1.800.273.TALK (8255)  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### Give an Hour providers

[www.giveanhour.org](http://www.giveanhour.org)  
Click on "Search for a Provider"

### Substance Abuse & Mental Health Services Administration (SAMHSA)

1.800.622.HELP (4357)  
[www.samhsa.gov](http://www.samhsa.gov)

### Patients Like Me online network

[www.patientslikeme.com](http://www.patientslikeme.com)

### VA Health Care

1.877.222.VETS (8387)  
[www.va.gov/health](http://www.va.gov/health)

### PTSD Coach Online Apps

[www.ptsd.va.gov/PTSD/apps/ptsdcoachonline](http://www.ptsd.va.gov/PTSD/apps/ptsdcoachonline)

### Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

[www.dcoe.mil](http://www.dcoe.mil)

### VA Vet Center Program

[www.vetcenter.va.gov/](http://www.vetcenter.va.gov/)

## Know the Five Signs of Emotional Suffering

**Personality Change:** Sudden or gradual changes in the way someone typically behaves.

**Agitation:** When someone seems uncharacteristically angry, anxious, agitated, or moody.

**Withdrawal:** Withdrawn or isolated from other people; pulling away from family and friends.

**Poor Self-Care:** Has stopped taking care of themselves and may engage in risky behavior.

**Hopelessness:** Seems overcome with hopelessness and overwhelmed by their circumstances.

*If you recognize that someone  
in your life is suffering,  
**CONNECT, REACH OUT,  
INSPIRE HOPE, and OFFER HELP!***

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™



### Veterans of Foreign Wars of the United States

406 W. 34th Street  
Kansas City, MO 64111  
Phone: 816.756.3390  
[www.vfw.org](http://www.vfw.org)



VETERANS OF FOREIGN WARS.

## VFW MENTAL WELLNESS CAMPAIGN

Awareness, support  
and intervention  
for veterans

## Our Objective:

The purpose of the project is to educate VFW and VFW Auxiliary members, veterans and communities about the important topic of mental health and wellness, and offer proven tools to intervene on behalf of veterans in crisis.

In order to help bring this complex set of issues to light for our members, veterans, the military and our communities, it is essential that the VFW and VFW Auxiliary work hand-in-hand on every level to bring the needed awareness and education to everyone.

Mental health issues for veterans and the military community are complex, often unseen, and affect more than just the service member or veteran. With 1.6 million members, the VFW and VFW Auxiliary are uniquely positioned to offer the support and educational base camp in more than 6,000 communities nationwide.

Join VFW in opening our hearts, homes and Posts to those who defended our freedoms.



## Quick Facts:

Veterans report that their mental health issues are very similar to those in the civilian population, which commonly relate to interpersonal relationships and economic concerns. These issues have shown to increase with deployment.

One of the most common claimed conditions for clients who seek assistance from VFW service officers is a mental health condition.

Veterans who seek care for mental health through VA facilities are more likely to have positive health outcomes.

VA reports that as many as 20 veterans choose to end their lives every day. But contrary to popular belief, most veterans who attempt suicide are older or have not deployed to a combat area.

The VFW's community posture has historically provided a safe space for veterans to offer one another peer-to-peer support. This means that the VFW is uniquely poised to serve this therapeutic need for today's veterans.

## Program Goals:

- ✓ Build partnerships to serve the needs of service members, veterans, and families suffering from invisible injuries
- ✓ Provide training and resources to VFW personnel who provide direct services to veterans
- ✓ Create templates for VFW Posts and Departments to raise awareness and host community-based events
- ✓ Offer opportunities for VFW members to share experiences and leverage partner resources
- ✓ Contribute to research efforts that advance the dialogue on brain health and foster the development of new evidence-based treatments
- ✓ Advocate for federal legislation to improve access to mental health care and transitional benefits

## Strategic Partners



[www.giveanhour.org](http://www.giveanhour.org)

**MISSION:** To develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society, beginning with the mental health needs of those who serve and their families.

- ✓ Confidential and free mental health care for service members, veterans, and their loved ones through a network of nearly 7,000 licensed providers.
- ✓ Initiative to change the culture of mental health in America, called the Campaign to Change Direction: [www.ChangeDirection.org](http://www.ChangeDirection.org)



**MISSION:** To accelerate the development and implementation of improved diagnostics and treatments for post-traumatic stress (PTS) and traumatic brain injury (TBI) -- through creating global public-private partnerships among governmental, corporate, scientific and philanthropic communities -- based on our belief in open science principles.

- ✓ Research collaborations with academic, medical, and veterans' service communities
- ✓ Online community tool for service members, veterans, and families coping with invisible wounds via "Patients Like Me"