

September Veterans & Family Support Program Promotion

Jacqueline Rauch, Department Chairman

Veterans and Caregivers Crisis Support

Our National Ambassador, Beth West, posed the following question: "Aren't we all a veteran of a veteran?" Supporting a veteran, spouse, or family member through ups and downs of trauma or emotional distress, takes emotional energy, patience, and resilience.

When someone we care about is living with physical or mental health conditions, our instinct is to show up fully: to listen, to help, to fix, to be there at every turn.

It's a beautiful instinct. It's also one that can quietly wear us down if we're not careful.

Taking care of yourself isn't a distraction, it is part of caregiving. Organizations like the VFW Auxiliary exist precisely because no one should have to carry the responsibility of caring for a veteran or military family member in isolation. Programs supporting military veteran families, along with peer networks, local resources, and community events, are there to help lighten the load. The Veteran Crisis Line can help you too! If you recognize a suicidal Ideology within your veteran, family member or even yourself, the Veteran Crisis Line is there for you. You don't have to be enrolled in VA benefits or health care to connect. Confidential Crisis support is available to Family and Caregivers as well as Veterans. This program is underutilized and we want you to understand how you can help Veterans when they are themselves apprehensive in contacting the Crisis Line. Information for caregivers is available through the Veterans Administration. The VA provides valuable information and resources at www.caregiver.va.gov. Start there and then reach out to your local agencies and providers to learn how they can help.

IMPORTANT TO KNOW

September is
National Suicide Prevention Month

Reduce suicide rates & lessen the stigma of mental illness, addiction, depression and PTS(D) with the following resources:



- Visit <https://www.veteranscrisisline.net> and click on topics under "Education and Advice."
- Learn the Five Signs that may mean someone is in emotional pain and might need help: <https://www.changedirection.org/#five-signs>
- Purchase the Auxiliary Suicide Awareness Prevention Pin from the VFW Store: <http://vfwstore.org/products/32033>
- Share the Veterans Crisis Line number: Dial 988, then press one.
- "Don't Wait, Reach Out." Learn more here: <https://www.va.gov/montana-health-care/stories/tackling-self-stigma-to-strengthen-your-recovery-journey/>

24/7 CONFIDENTIAL CRISIS SUPPORT for VETERANS AND THEIR LOVED ONES

CALL OR TEXT 838255



GOOD TO REMEMBER

Your efforts to promote the VFW resources for veterans, service members and their Veterans Family Support National Program Award No. 1 Is a citation and \$25.00 to one VFW Auxiliary in each of the 10 Program Divisions for the most outstanding promotion of VFW resources for veterans, service members and their families. Entry deadline is March 31, 2027. More information is available at vfwauxiliary.org under Veterans & Family Support.

Jacqueline Rauch

Veteran and Family Support Program Chairman, Department of California

President, District 7

Trustee, VFW Aux 1679, Ventura, CA