

**Veterans and Family Support  
Department of Missouri  
MAY/JUNE 2024**

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This year our Department President Amy Jo has chosen the theme” **HELPING OUR VETERANS BY BRIDGING THE GAP!!**” and Brenda Bryant, our National President, picked “**FROM OUR ROOTS TO OUR BRANCHES: EXTENDING SERVICE TO OUR VETERANS.**” as her theme. I think the two themes work beautifully together and express how all the hard work we do is for our veterans. Every one of us joined this organization to show our love for our veterans by serving and honoring them in any way we can.

The Veterans and Family Support program has lots of different ways to help and honor our veterans and their family. We can help by offering guidance about acquiring VA benefits, providing information about scholarship opportunities, and recommending helpful resources for when life hits a bumpy road. It’s important for us to know about the different programs and benefits so we can pass the information on to those who need it.

In this report I will highlight:

**PRESIDENT AMY JO’S SPECIAL PROJECT: SUICIDE AWARENESS**

**Veterans & Military Suicide Prevention and Mental Health Awareness**

Veterans & Military Suicide Prevention is our president’s special project this year. Every day in the United States, 22 veterans succumb to suicide — losing their personal battle to invisible wounds of war. We need to stand up to do something to help veterans struggling with PTSD. We as an Auxiliary need to help our veterans and their families to find the tools to help themselves. We need to help our veterans bridge the gap to help with their suicide /mental health awareness. Be mindful of the characteristics associated with thoughts of suicide and be watchful of our veterans' mental health. One veteran lost to suicide is one veteran too many!

What will you do for our veterans, service members and their families this year?

The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can:

- Call 988 and Press 1.
- Call 1-800-MyVA4 I 1 to access all VA departments.
- Chat online at [veteranscrisisline.net](https://veteranscrisisline.net).
- Send a text message to 838255.

Confidential support is available 24 hours a day, 7 days a week, 365 days a year. Tip: Add the Veterans Crisis Line number as a contact in your cell phone for easy referral.

Here are some great resources for Mental Wellness Support:

- **VFW Mental Wellness Campaign:** [vfw.org/assistance/mental-wellness](https://vfw.org/assistance/mental-wellness)
- **The Campaign to Change Direction:** [ChangeDirection.org](https://ChangeDirection.org)
- **Give An Hour:** [GiveAnHour.org](https://GiveAnHour.org)
- **Patients Like Me:** [PatientsLikeMe.com/join/vfw](https://PatientsLikeMe.com/join/vfw)
- **One Mind:** [OneMind.org](https://OneMind.org)
- **The Elizabeth Dole Foundation:** [ElizabethDoleFoundation.org](https://ElizabethDoleFoundation.org)
- **Help Heal Veterans (Therapeutic Craft Kits):** [HealVets.org](https://HealVets.org)
- **Veterans Voices Writing Project:** [VeteransVoices.org](https://VeteransVoices.org)

**HELPING OUR VETERANS BY BRIDGING THE GAP!!**

