

Veterans and Family Support
Department of Missouri
SEPT/OCT

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Amy Jo's theme this year is **HELPING OUR VETERANS BY BRIDGING THE GAP!!** You are working to build that bridge. Posts and Auxiliaries working together. Good examples are a fundraiser for a service dog, pairing up at events for VSO, joint membership drives & other activities, collecting gift cards for the Hospital program, helping a veteran fix their car and much more.

September is VETERANS Suicide Prevention Month

KNOWLEDGE IS POWER. We need to educate ourselves so we can help our veterans. I have been in contact with Jon Sabala from the Missouri Mental Health Department. Jon has given me tools to help me. They have opened my eyes and I want to share those tools.

Missouri Veterans Suicide Prevention Team

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VETERANS SUICIDE AWARENESS COURSE.

- There is a free online course about veterans' suicide awareness you can take from the Missouri Governor's Challenge website called S.A.V.E. Here is the link and go to step #1 <https://mogovchallenge.com/what-can-i-do/#call-to-action> You will have to create your own account but it is free. There are many other courses you are welcome to explore, all at no cost.

- They will bring an in-person veteran suicide prevention training to your post if you are willing to host it. Let them know if this is something in which you are interested.

Mental Health First Aid®

This is an 8 hour, skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge. The course is offered in person or virtually.

It is important to know that we offer a few MHFA training courses a month at no cost. Use this link to find a free training session: <http://mhfamissouri.org/home/events/>

Missouri VFW & Auxiliary Joint Project



OPERATION BOTTOM COVER

HELP OUR MISSOURI ACTIVE-DUTY MILITARY FAMILIES BY DONATING DIAPERS & WIPES. Please bring donations to the Fall conference. I can't wait to see you.

HELPING OUR VETERANS BY BRIDGING THE GAP!!

