

# VETERANS & FAMILY SUPPORT

## ***Banding Together for Our Veterans***

“We may think of Thanksgiving as a celebration of pilgrims, parades, football, shopping sales, and eating until we’re fit to burst. But Thanksgiving wasn’t a national Holiday until Lincoln made it one.

“After the war’s onset, Sarah Josepha Hale, the editor of the influential *Godey’s Lady Book* monthly magazine, appealed to President Lincoln to declare a national holiday of thanksgiving. Lincoln, seeing a chance to boost war morale, complied and on October 3, 1863, he declared the final Thursday in November a national Thanksgiving Day.

“In 1941, Congress decided that Thanksgiving would be celebrated as it is today-on the fourth Thursday in November.” - The Book of Unusual Knowledge

A happy Thanksgiving to my Auxiliary Brothers and Sisters!



Not too early to start thinking about what I’m looking for during this reporting year. First, please get into MALTA and checkout the materials/resources provide there for Veterans & Family Support. Whether solely as an Auxiliary of jointly with your Post, promotion of Disaster Relief, MAP, NVS, Unmet Needs and/or Veterans & Military Suicide Prevention and Mental Health Awareness. Plus, what we do on a daily basis is any direct aid to veterans, service members and their families. If you have submitted an entry to increase Suicide Awareness or Mental Health.

### **National Veterans Service**

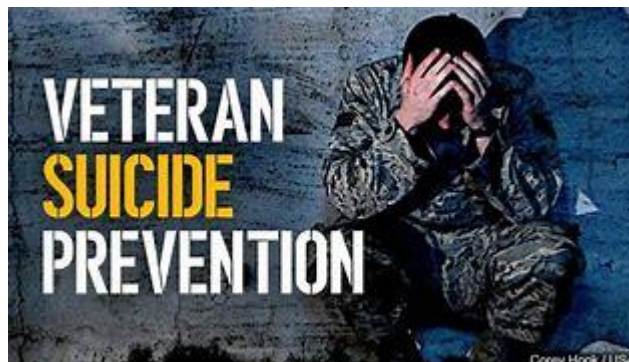
Our Veterans Service Officers do a fantastic job getting those needed services to our veterans. Please if you find a veteran who needs help; refer him/her to your local Service Office within your Post.

## Veteran & Military Suicide Prevention



I'm still looking for the best suggestion to successfully address the issue of preventing or reducing veteran suicide. Your submissions need to be sent to me by Christmas day to qualify. As of this writing I've received one! Surely there's another Auxiliary out there with some creative ideas.

It is worth repeating each month that the Suicide & Crisis Lifeline is 988 and provides 24 hour, 7 days a week support.





### Mental Health Awareness

A few simple tips if you're or someone else is having suicidal thoughts and how to overcome them:

1. Call 911 immediately
2. Call or text 988
3. Talk about your feelings with those close to you
4. Seek out the support of a mental health professional
5. Join a support group
6. Grant yourself kindness
7. Practice mindfulness and steady breathing techniques
8. Focus on your five senses
9. Allow yourself time in your safe place

Ways you can support someone else in crisis:

1. Familiarize yourself with the warning signs
2. Call 911 if the person is at immediate risk
3. Encourage the person to call or text 988
4. Help get professional help
5. Be an active listener
6. Be a positive presence in that person's life
7. Be a safe space

Familiarize yourself with the warning signs:

1. Talking about plans for suicide
2. Increased anxious behavior
3. Talking about feeling like a burden, trapped or hopeless
4. Increased use of alcohol or drugs
5. Sleeping too little or too much
6. Withdrawal from usual social activities
7. Sharing thoughts of hopeless feelings about the future
8. Extreme mood swings



## Presidentially Speaking



I will end each month hereon in with what I will call “Presidentially Speaking”, which is a quote from a former US President.

“Things are more like they are now than they ever were before.” - Dwight D. Eisenhower

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*For Chairman Linda Theroux*