



**Pat Janssen**

**Dept of Mo - Veterans and Family Support Chairperson**

6216 Clover Lake Dr, Cedar Hill, MO 63016

636-551-0280 • [coupongrandma04@yahoo.com](mailto:coupongrandma04@yahoo.com)



2020-2021 is going to be a super fantastic year for all Auxiliaries within the State of Missouri.

Alone we can do so little...

Together we can accomplish a lot!!

## **Spread the Word about National Veterans Service (NVS)**

The VFW's National Veterans Service (NVS) helps veterans, service members and their families obtain the benefits they deserve – at no cost.

These highly skilled professionals assist all veterans, whether they are VFW members or not, in filing claims for:

- Disability compensation.
- Rehabilitation and educational programs.
- Pension and death benefits.
- Employment and training programs.

Donations to NVS can be made online or by mail.

Donate online at [vfw.org/ways-to-help](http://vfw.org/ways-to-help), select National Veterans Service, click “Contribute.”

Donate by mail by sending funds to the VFW earmarked for NVS. Mail check to:

VFW National Headquarters

Attn: NVS

406 W. 34th Street, 11th Floor

Kansas City, MO 64111

## **VFW Veterans & Military Support Program**

Veterans & Military Support contains programs initiated by the VFW: Military Assistance Program (MAP), Unmet Needs and the VFW “Sport Clips Help A Hero Scholarship”. These programs serve active-duty and recently discharged military.

Donations to Veterans & Military Support can be made online or by mail.

Donate online at [vfw.org/ways-to-help](http://vfw.org/ways-to-help), select Veterans & Military Support, click “Contribute.”

Donate by mail by sending funds to the VFW earmarked for Veterans & Military Support.

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## **Veteran & Military Suicide Prevention and Mental Health Awareness**

Make a difference in the life of a veteran or service member in crisis by educating yourself and others about the warning signs of suicide.

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 1-800-273-8255 and Press 1,
- Chat online at [veteranscrisisline.net](http://veteranscrisisline.net), or
- Send a text message to 838255.

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

## **Mental Wellness Support and Resources**

A staggering 20 veterans commit suicide each day, and the VFW and VFW Auxiliary are committed to helping change the conversation and stigma surrounding mental health in the United States. Change the stigma, improve research, support your community and explore treatment options at the resources below:

- The Campaign to Change Direction  
[changedirection.org](http://changedirection.org)
- Give An Hour  
[giveanhour.org](http://giveanhour.org)
- Patients Like Me  
[patientslikeme.com/join/vfw](http://patientslikeme.com/join/vfw)
- One Mind  
[onemind.org](http://onemind.org)
- The Elizabeth Dole Foundation  
[elizabethdolefoundation.org](http://elizabethdolefoundation.org)
- Help Heal Veterans (Therapeutic Craft Kits)  
[healvets.org](http://healvets.org)
- Veterans Voices Writing Project  
[veteransvoices.org](http://veteransvoices.org)

## **NATIONAL AWARDS FOR AUXILIARIES**

1. Most outstanding activity to increase awareness of food insecurity among military service personnel and their families.
  - Citation to every Auxiliary that promotes awareness of food insecurity among military service personnel and their families. Criteria and entry form (required) available at [vfwauxiliary.org/resources](http://vfwauxiliary.org/resources). Auxiliaries are to send entry form to their Department Veterans & Family Support Chairman by March 31, 2021.  
Citations will be mailed directly to participating Auxiliaries from National Headquarters.

- Citation and \$25 to one Auxiliary in each of the four Conferences with the most outstanding promotion to increase awareness of food insecurity among military service personnel and their families.
- 2. Most outstanding event or activity that supports veteran and military caregivers.
  - Citation to every Auxiliary that hosts an event or participates in an activity that supports veteran and military caregivers. Criteria and entry form (required) available at [vfwauxiliary.org/resources](http://vfwauxiliary.org/resources). The Department Veterans & Family Support Chairman must send a copy of all submitted entry forms to National Headquarters by April 30, 2021.  
Citations will be mailed directly to participating Auxiliaries from National Headquarters.
  - Citation and \$25 to one Auxiliary in each of the four Conferences with the most outstanding event or activity that supports veteran and military caregivers.