



Veterans and Family Support September, 2025

“A rising tide lifts all veterans to success!”

September is **National Suicide Prevention Month**, and while this important time of observance and suicide awareness is not limited to veterans, active duty, National Guard, or Reservists, the military's needs in this area cannot be overlooked. The suicide rate for veterans versus non-veterans is more than double and it is the second highest cause of death for veterans age 44 and under. PTSD is the largest factor that contributes to suicide among veterans.

The Department of Defense Suicide Prevention Office (DSPO) is implementing five lines of action for their suicide prevention campaign. Those are:

- Foster a Supportive Environment
- Improve Delivery/Access to Mental Health Care
- Address stigma and other barriers to care
- Promote Suicide Prevention training
- Build a culture of lethal means safety

As members of the VFW Auxiliary, we need to support and promote these actions! Are we providing a supportive environment in our Posts? Do we work with our Legislative Program to pass legislation that will improve mental health care for veterans? How do we view PTSD; do we attach a stigma to it? Is your Auxiliary (or you personally) promoting information about suicide prevention? Do we even consider securing lethal means? If we can't do any of these, we **CAN** donate to a program that does! Specifically, how about donating to Department President David's joint project for PTSD Awareness with the VFW?

“Sometimes a small gesture is all it takes to make a big difference!”

I continue to receive great reports and I want to thank each member for all the work you are doing to support our veterans! Keep them coming!!! District Presidents/Chairs for Veterans & Family Support: I will give one of the PTSD Awareness T-shirts to the first District that achieves 100% reporting of a contribution to the Joint Project. Additional links for suicide awareness info/resources:

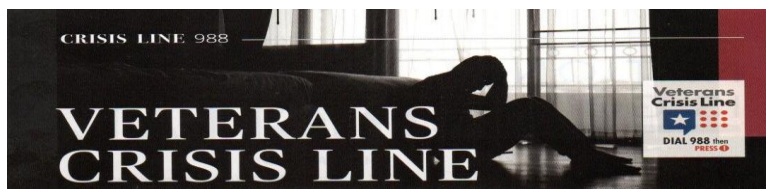
www.dspo.mil

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Can(s) for Vets!



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