

# BE A BUDDY!

## VETERAN BUDDY CHECK



TAKE THE  
PLEDGE!  
CHECK IN WITH  
10 VETS



Veteran Buddy Checks encourage Veterans to connect or reconnect with their Veteran friends – just to check in.

Take the pledge to **#TalkToTen Veterans** at: <https://department.VA.gov/veterans-experience/va-veteran-buddy-checks/>

If you think that your Veteran buddy could use some help, tell them about the resources available to him or her.



**1-800-MyVA411** is a great place to get started with VA, it's always the right number to call.



**Veterans Crisis Line** is available 24/7. Dial 988 then Press 1, Chat Online, or Text 838255.



**Get the VA Welcome Kit** to learn what VA offers and how to get started. [VA.gov/welcome-kit](https://www.va.gov/welcome-kit)



Scan this code for valuable training to recognize the signs of distress and learn about resources you can recommend to your buddy if needed.