**VETERAN BUDDY BLOG POST SAMPLE**

##### ****Veteran Buddy Check–Talk to 10 Veterans****

In support of The STRONG Veterans Act of 2022, the Department of Veteran Affairs (VA) established Veteran Buddy Checks to encourage peer-to-peer connections among Veterans and their families, reduce isolation, support peer crisis intervention, and increase access to both VA and community care and services. To bolster this connectivity and support for Veteran Buddy Checks, VA and partners will promote an annual weeklong observance October 21 – 25, 2024.

We invite all Veterans to complete peer wellness, resiliency, and[VA S.A.V.E. Training](https://learn.psycharmor.org/courses/va-save) with a pledge to contact or talk to 10 Veterans. Our goal is to support peer networking, increase access to Veteran resources, improve mental health, promote suicide prevention, and build connections. VA and partners will provide training tools, resources, and other forums to ask questions and share stories about Veterans connecting with peers and battle buddies.

Many of your friends may be doing well, while others may need assistance from the community or VA in some way. We can all be part of the solution! Check in with Veterans in your life and encourage them to reach out if they need help. Share the 1-800-MyVA411 (1-800-698-2411) phone number, [VA.gov/REACH](https://www.va.gov/REACH/default.asp) website, and [VA Welcome Kit](https://www.va.gov/welcome-kit/) as gateways for needed resources.

##### ****Prepare Now****

Access the [VA S.A.V.E. Training,](https://learn.psycharmor.org/courses/va-save) and in just 30 minutes you’ll be better equipped to reach your buddies and friends offering the support they may need.

Explore new ways to find your battle buddies and friends using [Together We Served](https://togetherweserved.com/findpeople) and [RallyPoint](https://www.rallypoint.com/). Learn more and get involved with other Veteran-serving organizational efforts, such as [The American Legion’s Buddy Check Buddy Check](https://www.legion.org/buddycheck) and [Veteran Wellness Alliance Check In](https://www.veterancheckin.org/) programs.

Your battle buddies and friends from service may be experiencing a variety of stressors. It’s important to have the right resources handy when talking about life—past, present, and future. The Veterans Crisis Line is the fastest way to get help if your buddy is in crisis. Dial 988 then Press 1 if you encounter a friend needing help now.

##### ****Read News About Veteran Buddy Checks****

* [VA’s first-ever Buddy Check Week–get involved!](https://news.va.gov/124179/vas-first-ever-buddy-check-week-get-involved/) (VA News)
* [Veteran-serving organizations support VA Buddy Check Week](https://news.va.gov/124570/veterans-organizations-support-buddy-check-week/) (VA News)
* [Finding hope with help from our buddies](https://news.va.gov/124372/finding-hope-with-help-from-our-buddies/) (VA News)