**VETERAN BUDDY CHECK NEWSLETTER SAMPLE**

##### ****Take the Pledge to #TalkToTen**** In the military, we learned to rely on each other. Now we’re out, that hasn’t changed. We all need help sometimes, but do you know when your buddies need help? Join the Veteran community to perform Veteran Buddy Checks and encourage everyone to check in with their battle buddies or rekindle old friendships.  Will you check-in?

Reach out to your Veteran friends, check in. Talk about your family, where you live now, how life has changed since you were back on base together.

##### ****Know How to Help**** If you think your buddy could use some help, tell them about the available resources.

* 1-800-MyVA411 (1-800-698-2411) is always the right number to call and a great place to get started with VA.
* Veterans Crisis Line is available 24/7. Dial 988 then Press 1, [Chat Online](https://www.veteranscrisisline.net/), or Text 838255.
* Print the [VA Welcome Kit](https://www.va.gov/welcome-kit/) to learn more about what VA offers, how we can help, and how to get started.

##### ****Take the Training**** Do you know the signs of distress? Many of your friends may be doing well, but others may need help from the community or VA in some way. Be a buddy. Take this [30-minute online training](https://learn.psycharmor.org/courses/va-save#:~:text=By%20taking%20this%20course%20you,identify%20a%20Veteran%20at%20risk.) to prepare you to be a better advocate for your friends.