**VETERAN BUDDY CHECK SOCIAL MEDIA POST SAMPLES**

* Reconnect with your battle buddies, make sure they’re okay. [Take the pledge](https://public.govdelivery.com/accounts/USVA/signup/40119) to #TalktoTen!
* When was the last time you talked to your battle buddy from boot camp? You may be doing great, but are they? Learn more about [Veteran Buddy Checks](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/).
* All Veterans know “that guy.” The one who always lost his cover or showed up late with the best excuse, but he always made you laugh. When was the last time you talked to him? Be a buddy, check in. We’re asking all Veterans to #TalkToTen buddies. Learn more about [Veteran Buddy Checks](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/).
* Many of your friends may be doing well, but others may need help from the community or VA in some way. Check in on your buddies and connect them to useful resources, such as [VA.gov](https://www.va.gov/) or 1-800-MyVA411 (1-800-698-2411).
* When’s the last time you spoke with your military crew from back in the day? Let’s make a difference together through Veteran Buddy Checks. [Take the pledge](https://public.govdelivery.com/accounts/USVA/signup/40119) to #TalkToTen fellow Vets.
* Do you ever wonder how that Airman, Marine, Soldier, Guardian, or Sailor you served with is doing today? Veteran Buddy Checks are a perfect time to find out! [Take the pledge](https://public.govdelivery.com/accounts/USVA/signup/40119), #TalkToTen! Learn more: [Veteran Buddy Checks](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/).
* I took the [pledge to #TalkToTen](https://public.govdelivery.com/accounts/USVA/signup/40119) Veterans. Learn more about how [reaching out makes a difference](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/).