**2024 VETERAN BUDDY CHECK WEEK 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!
* 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/).
* Many of your friends may be doing well, but others may need help. Check in on your buddies during [Veteran Buddy Check Week](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/) and connect them to useful resources like [VA.gov](https://www.va.gov/) or [1-800-MyVA411](https://department.va.gov/veterans-experience/1-800-myva411/) (1-800-698-2411).
* When did you last talk to your battle buddy from basic training? You may be doing great, but are they? Learn more about [Veteran Buddy Check Week](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/).
* 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 about [Veteran Buddy Check Week](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/).
* When’s the last time you spoke with your military crew from back in the day? Let’s make a difference together during [Veteran Buddy Check Week](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/) October 21-25, 2024. [Take the pledge](https://public.govdelivery.com/accounts/USVA/signup/40119) to #TalkToTen fellow Vets.
* 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. Learn more about [Veteran Buddy Check Week](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/).