**VETERAN BUDDY CHECK WEEK BLOG POST SAMPLE**

**Buddy Check–Talk to 10!**

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](https://department.va.gov/veterans-experience/va-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](https://public.govdelivery.com/accounts/USVA/signup/40119) to contact or **Talk to 10** Veterans. 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. Everyone can be part of the solution by checking in with the Veterans in their life and encouraging them to reach out if they need help. Many of your friends may be doing well, while others may need assistance from the community or VA in some way.

**Share Resources**  
Share the **Veterans Crisis Line** (Dial 988 then Press 1) and **1-800-MyVA411** (1-800-698-2411) phone numbers, [VA.gov/REACH](https://www.va.gov/REACH/default.asp), and [VA Welcome Kit](https://www.va.gov/welcome-kit/) as gateways for needed resources.

* **Veterans Crisis Line.** Your battle buddies and friends from service may be experiencing a variety of stressors in their life. 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**.**
* **1-800-MyVA411** (1-800-698-2411) is always the right number. Get help with such topics as health care, community care, memorial affairs, crisis, debt management, benefits assistance, homelessness, and PACT Act information.
* [VA.gov/REACH](https://www.va.gov/REACH/default.asp) offers a variety of resources to assist Veterans, their families, caregivers, and survivors with many of life’s challenges, including career, education, and health care needs.
* The [VA Welcome Kit](https://www.va.gov/welcome-kit/) may also prove helpful for your buddies who need more information on VA benefits, programs, and services.

**Prepare Now**Start by accessing the [VA S.A.V.E. Training](https://learn.psycharmor.org/courses/va-save). In just 30 minutes, you'll be better equipped to reach your buddies and friends offering the support they may need.

**Find Friends**Explore new ways to find your battle buddies and friends using [Together We Served](https://togetherweserved.com/findpeople) and [RallyPoint](https://www.rallypoint.com/). Check out other Veteran-serving organization efforts—such as [The American Legion’s Buddy Check](https://www.legion.org/buddycheck) and [Veteran Wellness Alliance Check In](https://www.veterancheckin.org/)–to get involved.

**Start a Veterans Social**

Veterans Socials are a place to meet friends, find resources, and have fun with other Veterans and community members.  [Start a Veterans Social](https://www.mentalhealth.va.gov/socials/docs/Quick-Start-Guide-for-Veterans-Coffee-Socials.pdf) today!

**Sample VA News Blog Posts:**

[Brown Water Navy Vietnam Veteran reconnects with shipmate after 56 years!](https://news.va.gov/134457/vietnam-veteran-reconnects-shipmate-56-years/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=04SEP2024)

[Buddy Check: Supporting, connecting with your fellow Veterans](https://news.va.gov/130532/buddy-check-supporting-connecting-veterans/)  
[VA’s first-ever Buddy Check Week–get involved](https://news.va.gov/124179/vas-first-ever-buddy-check-week-get-involved/)

[Veteran organizations support VA’s Buddy Check Week](https://news.va.gov/124570/veterans-organizations-support-buddy-check-week/)

[Finding hope with help from our buddies](https://news.va.gov/124372/finding-hope-with-help-from-our-buddies/)