**2024 VETERAN BUDDY CHECK WEEK NEWSLETTER SAMPLE**

**Take the Pledge to #TalkToTen**

In the military, we learned to rely on each other. That hasn’t changed, even though we’re out.

We all need help sometimes, including your buddies. Join the Veteran community in performing [Veteran Buddy Checks](https://department.va.gov/veterans-experience/va-veteran-buddy-checks/) during Veteran Buddy Check Week October 21 -25, 2024. Encourage others to check in with battle buddies or rekindle old friendships.

Will you [take the pledge](https://public.govdelivery.com/accounts/USVA/signup/40119) to #TalktoTen?

Reach out to your Veteran friends and check in. Talk about family, where you live now, and how life has changed since you served together.

**Know How to Help**

If you think your buddy could use some help, tell them about the available resources, such as:

* [1-800-MyVA411](https://department.va.gov/veterans-experience/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/get-help-now/chat/), or Text 838255.
* [VA.gov](https://www.va.gov/) provides tons of information about VA health care and benefits you and your Veteran buddies may be eligible for. You can also 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 help prepare you to be a better advocate for your friends.

**Find Friends**Look up 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**Meet friends, share resources, and have fun with other Veterans and community members. [Start a Veterans Socia](https://www.mentalhealth.va.gov/socials/docs/Quick-Start-Guide-for-Veterans-Coffee-Socials.pdf)l today!