

VFW Auxiliary Veterans & Family Support

2026-2027 Program Focus: PTS & Mental Health Awareness

Why This Matters

Post-Traumatic Stress (PTS) and other mental health challenges affect many veterans, service members, and their families. Education, awareness, and support can make a difference.

What Auxiliary Members Can Do

- ✓ Promote mental health awareness
- ✓ Help reduce stigma
- ✓ Share available resources
- ✓ Support veterans and family members
- ✓ Encourage help-seeking behaviors
- ✓ Partner with Posts and community organizations

Important Resources

Veterans Crisis Line

- Dial 988 and Press 1
- Text 838255
- VeteransCrisisLine.net

VA Mental Health Services

- www.va.gov/health-care/health-needs-conditions/mental-health

Vet Centers

- Confidential counseling for veterans, service members, and families
- www.vetcenter.va.gov

Program Ideas

- Mental Health Awareness Month activities
- Resource tables at community events
- Guest speakers from Vet Centers or local mental health organizations
- Social media awareness campaigns
- Family support and appreciation events

Remember!

You do not have to have all the answers. Sometimes the greatest gift we can offer is a listening ear, encouragement, and a connection to available resources.