

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

VETERANS & FAMILY SUPPORT PROGRAM 2024 - 2025

October 2024



Department President – Renee King
Department Secretary – Jeanette Garcia

National Ambassador – Evan Smiley
Department Chair – Mary Sanchez

This month I am discussing Suicide Prevention. As we get closer to the holidays', it has always being my understanding that these are the months that most people commit suicide especial among combat vets. I'm sorry, I just don't buy that, I think every month, every week, every day we should be aware that suicides occur in our family of families and try to prevent it.

At some point in our lives, everybody will face challenges. THAT is just Life! How we deal with some of those challenges may develop into a crisis. Like the end of a relationship. Loss of a job. Housing instability. Or just feeling that we lost our purpose in life. How we deal with those challenges or who we turn to makes a big difference. Find somebody to talk too, even a perfect stranger.

Auxiliary members look for signs with are Veteran's but also look within the family structure. Look for warning signs they are sometimes difficult to spot.

Let's go over the warning signs so that we can kept them fresh on your mind. Remember these are suggested warning signs because every person is different but these are the most common. If you know someone experience any of the signs below **contact the Veterans Crisis Line now: Dial 988 then Press 1.**

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.
- Appearing sad or depressed most of the time
- Hopelessness
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live

- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug misuse
- Losing interest in hobbies, work, or school
- Neglecting personal welfare and appearance
- Withdrawing from family and friends
- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will for no apparent reason.

Auxiliary member recognizing these signs as a call for help. Listen to the inner feeling that is telling you that there is a crisis. Know yourself or those you care about find the support they need by calling 988 then press 1. Be the “pain-in-the-ass” members who cares 24/7. Remember to keep it private and let the member in crisis tell their story not you.

Please continue to report under this program! I can be reached by email at girlisin@hotmail.com or by calling me or texting me at (575) 649-5735. Let's work together for a common goal.