

Veterans & Family Support

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October is Depression Awareness Month

Idea: Start a Phone Tree

Reach out to a friend or another member

Let them know that they are not alone

Invite them to attend your next Auxiliary Dinner

Idea: Watch & Share Pod Casts

(An audio narrative telling a story)

Many topics covered like Grief, Anxiety, Depression, Suicide, Trama, Divorce, Eating Disorders, Postpartum, & much more

These can aid in the therapeutic process

MENTAL WELLNESS SURVEY was conducted at VFS Booth at our PROGRAM FAIR. It was an interesting exercise, looking at ourselves & self-care. The Results are in & Thanks to the 55 members who took the time to fill it out. No names were taken nor what Auxiliary or District the surveyed were from was used. There were no right or wrong answers. This was an anonymous look at mental wellness & starting the conversation. The survey showed:

- ✦ - When looking for a solution to support Mental wellness the majority of those surveyed would use self-care.
- ✦ - Those surveyed also prioritized when suffering emotionally they would seek out a friend instead of talking to a professional.
- ✦ - Half of those surveyed stated that they created habits that support their mental wellness through physical & social activities.
- ✦ - When looking for solutions for our personal mental wellness those surveyed did not prioritize themselves over others.

Use this survey to look at your personal Mental Wellness & start the conversation to a happier & healthier you!!!

A blank copy of the SOI survey used will be posted to VFS resources & can be used as an activity prioritizing healthy habits & solutions to support mental wellness!!!

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