



September 2025

# Veterans & Family Support Program

## Building Bridges for our Veterans

### ONE LIFE LOST IS ONE TOO MANY

**September is Suicide Prevention Awareness Month**—a time to shed light on a difficult but important issue. Suicide impacts countless families and communities, and for veterans, the risk can be even greater due to unique challenges such as post-traumatic stress, depression, chronic pain, and the transition back to civilian life. This month serves as a reminder that awareness, understanding, and open conversations about mental health can save lives.

A key resource for those in need is the Veterans Crisis Line. This free, confidential support service is available 24/7 for veterans, service members, and their loved

ones. By dialing 988 and pressing 1, individuals are connected with trained responders—many of whom are veterans themselves—who can provide immediate help and understanding. Support is also available through text and online chat, ensuring access in whatever way feels most comfortable.

Highlighting the Veterans Crisis Line during Suicide Prevention Awareness Month reinforces a powerful message: help is always available, and reaching out is a courageous step toward healing. Together, by sharing resources and showing support, we can make a difference in the lives of veterans and their families and Build the Bridges of Support.

Approved by:  
Dept. President  
Mike Yates



### GOLD STAR FAMILY DAY

Gold Star Family Day, observed on the last Sunday in September, honors families who have lost a loved one serving in the U.S. Armed Forces. To recognize them, host a remembrance ceremony, sponsor a meal, or simply offer a heartfelt "thank you" if you encounter someone wearing the Gold Star Lapel Pin. Most importantly, remember the fallen service member's name and sacrifice.



Ryan M. Harris  
Program Chair

[Ryan.Harris.CISA@gmail.com](mailto:Ryan.Harris.CISA@gmail.com)



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## VFW NATIONAL VETERANS SERVICE (NVS) PROGRAM

The VFW created the National Veterans Service (NVS) program to ensure veterans, service members, and their families receive the benefits they have earned. Through accredited Service Officers, the program provides free, professional assistance in filing claims for disability compensation, pensions, education benefits, health care, and survivor support. Each year, NVS helps secure billions of dollars in benefits, improving the lives of countless veterans and honoring their service.

Knowing who your local VFW Service Officers are and how to contact them is an important part of supporting this incredible program. Raising funds and helping to solicit donations to support the operation is just as important. Donations to support the NVS Program and the VFW Service Officers can be made directly to the VFW on their website: <https://heroes.vfw.org/page/23433/donate/1> or using the QR Code to the right.



By standing behind the NVS program, we ensure no veteran navigates the system alone.

## VFW MILITARY APPRECIATION PROGRAM (MAP)

The Veterans of Foreign Wars (VFW) proudly supports America's service members through its Military Appreciation Program. This initiative provides recognition, resources, and assistance to active-duty personnel, National Guard, Reservists, and their families. From care packages and morale-boosting events to scholarships, financial aid, and community partnerships, the program ensures that those serving feel appreciated and supported. By strengthening the connection between military families and local communities, the VFW demonstrates enduring gratitude for their sacrifices. Supporting this program means showing respect, care, and tangible assistance to the men and women who defend our nation—both at home and abroad. Financial support of the MAP program can be made directly to the VFW on their website: <https://heroes.vfw.org/page/23289/donate/1> or the QR Code to the right.



Approved by:  
Dept. President  
Mike Yates

**Ryan M. Harris**  
Program Chair  
[Ryan.Harris.CISA@gmail.com](mailto:Ryan.Harris.CISA@gmail.com)