Veteran Buddy Checks encourage Veterans to connect or reconnect with their Veteran friends – just to check in.

Take the pledge to #TalkToTen Veterans at: https://department.VA.gov/veterans-experience/va-veteran-buddy-checks/

If you think that your Veteran buddy could use some help, tell them about the resources available to him or her.

1-800-MyVA411 is a great place to get started with VA, it’s always the right number to call.

Veterans Crisis Line is available 24/7. Dial 988 then Press 1, Chat Online, or Text 838255.

Get the VA Welcome Kit to learn what VA offers and how to get started. VA.gov/welcome-kit

Scan this code for valuable training to recognize the signs of distress and learn about resources you can recommend to your buddy if needed.