Irene Nowacki

Veterans & Family Support

The cool weather is coming, the year is ending soon, and the holidays are right around the corner. What better time to plan an event to reach out to the public and let them know about what we do and that we are here.

Veterans & Family Support is so important. As an auxiliary, it is our one of our main goals that we focus on every year. Taking care of those that have taken care of us.

Suicide is a very hard and taboo subject to talk about, but it happens more than I ever want to think about. It is a horrible thing that I wish would stop happening. A very LOUD cry for help that did not come in time. We can help, and we have resources available too.

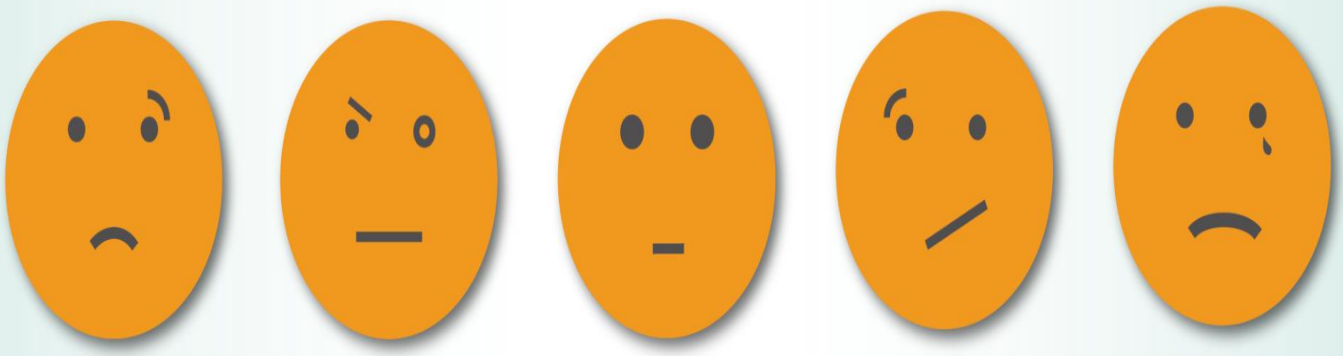
We can help aid in the efforts to slow this down if not stop it completely with access to the many programs that are available through the VFW and VFW Auxiliary. Most of them are confidential too.

Knowing the signs is not just a saying. It is doing your research on the different levels of how someone is doing/feeling. It just may help save someone from doing the unthinkable. There are many ways to look this up. Google search the signs of emotional suffering/depression. There have been a few changes to these but mostly they are the same. A few new “faces” have been added to be more up to date with society especially in youth. I have added a few of the many versions for reference. Take the time to look these over and study them.

We all can help others in their time of need.

How has your Auxiliary helped promote Mental Health Awareness or PTSD Awareness

Know the *Five* Signs of Emotional Suffering



Personality Changes

Uncharacteristically angry, anxious, agitated, or moody

Withdrawal or isolation from other people

May neglect self-care & engage in risky behavior

Overcome with hopelessness & overwhelmed by circumstances

THESE ARE FIVE SIGNS THAT MAY MEAN SOMEONE IS IN EMOTIONAL PAIN & MIGHT NEED HELP.

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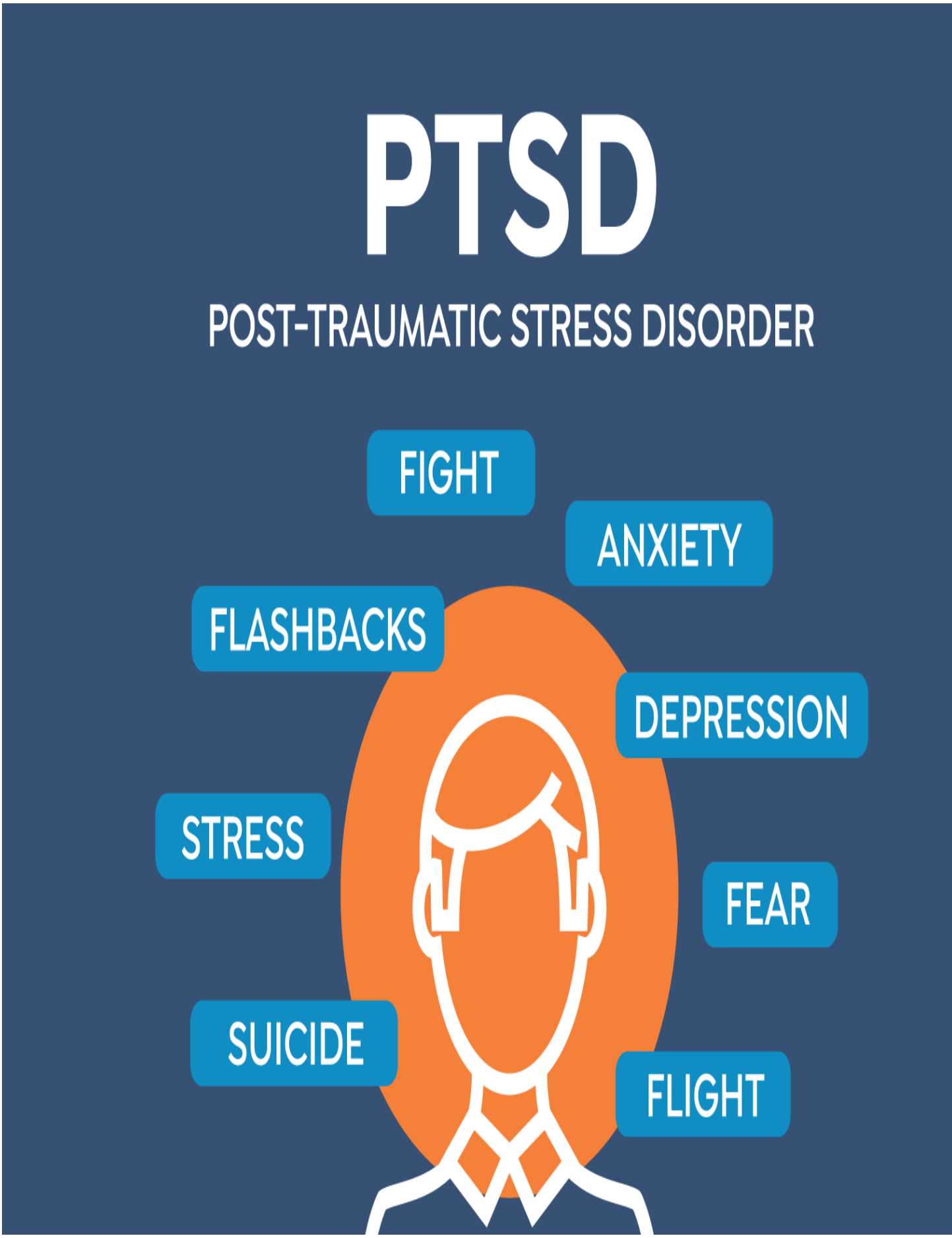
EMOTIONAL
SIGNS OF STRESS:




PTSD
POST-TRAUMATIC STRESS DISORDER
FIGHT
ANXIETY
FLASHBACKS
DEPRESSION
STRESS
FEAR
SUICIDE
FLIGHT