

From: Lynn Rolf [LRolf@vfw.org]
Sent: Wednesday, September 20, 2017 11:35 AM
To: undisclosed-recipients:
Subject: October 28th 2nd Annual VFW Day to Change Direction

Please help us make a huge impact this year!! Spread the message

On October 28, 2017, the VFW and Give an Hour, the lead organization for the Campaign to Change Direction, are partnering for the Second Annual **A Day to Change Direction**, a national day of service and action to change the dialogue on mental health for America's veterans and American communities. VFW Posts are encouraged to host events that will educate your community about the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Well-being. You can choose to host a screening of the documentary *Into the Light* followed by a group discussion or you can participate in or host a community service event. Collectively, we believe in gathering together veterans and their families, community members, and clinicians to connect in a positive environment. Furthermore, we want to use this as an opportunity to encourage all Americans to pay attention to their emotional well-being as well as the emotional well-being of others

A staggering 20 veterans commit suicide every day, and the VFW is committed to helping change the narrative and stigma surrounding mental health in America. In order to raise awareness, foster community engagement, improve research and provide intervention for those affected by invisible injuries and emotional stress, the VFW has teamed up with the nationwide organizations Give an Hour and the Campaign to Change Direction, One Mind, PatientsLikeMe and the Elizabeth Dole Foundation to combat this critical issue.

VFW Mental Wellness Program can be found here <https://www.vfw.org/mental-wellness>

Step One: VFW Posts and Auxiliary interested in participating will identify a central point of contact and report this to Lynn Rolf at LRolf@vfw.org. If you want 5 Signs Cards or Mental Wellness flyers please identify a POC and mailing address.

Step Two: Identify & plan a screening of the documentary *Into the Light* or identify a community service project.

Step Three: Prepare for the event by using the tools below to market your event and educate yourself on the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Well-being.

Step Four: Host *A Day to Change Direction*.

Step by step resources and ideas can be found at <http://www.changedirection.org/vfw-service-project/>

Before the service project (Marketing & Tools)
During the Service project (How to post photos)
After the service Project (Measure your impact and the VFW impact worldwide)

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