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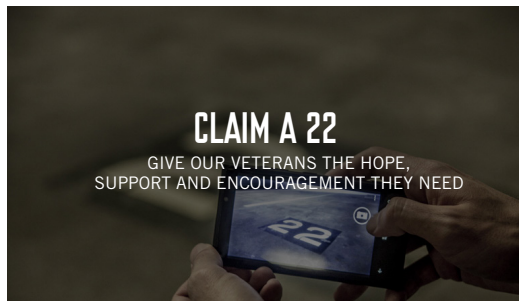
For our veterans, the battle rages long after the last shot is fired. So it's not a question of whether you believe in war or not, but whether you'll help those who have preserved your freedoms. This is a human issue that demands a human solution. Remember, not all wounds are visible, and sometimes the ones we think are fine, are the ones that need us the most.



"I'm not missing any limbs. So, to most people, it appears as if nothing is wrong with me. But I didn't come back the same man that left two decades before." –Tom Spooner

10

We must stand united with our veterans in the war against PTSD and veteran suicide. There are many ways you can get involved, but none as simple and straightforward as claiming your 22. Snap a picture of a 22—anything will do: a mailbox, an athletic jersey, or an elevator button are all good examples—and post, tweet, or share it using the hashtag #Mission22. It's a small gesture with the power to change a veteran's life.



UNITED IN THE WAR AGAINST VETERAN SUICIDE

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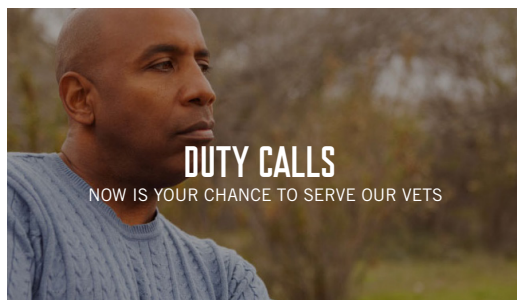


INTEL FOR COMMUNITIES

War follows our veterans home. And while we enjoy the freedoms they secured for us, the battle continues for them. Now it's our turn to fight.

01

We owe so much to the men and women who put their lives on the line to protect our liberties and serve our country. But the burden of war can't be theirs alone. We all enjoy freedom because of their sacrifice, regardless of our own political affiliation or opinion. Because of that, it's our duty to fight for them when they return home.



02 HERO'S HOMECOMING

MAKE SURE EVERY RETURNING SOLDIER FEELS WELCOMED

We're welcoming home heroes. So start with a thank you. But go a step further. Get to know the man or woman behind the uniform. Forge an alliance. It's not about you—it's about the connection the two of you are making. And it doesn't have to be focused on their service. Your conversation is one of hundreds, maybe thousands of small, kind gestures that, over a lifetime, can make the difference for each veteran.

"The uniform is the invite and the barrier, meaning it identifies us as warriors which is great because it begins the conversation, but it can also keep the conversation focused on the military experience which can be awkward for the vet and the civilian. So my advice is once you say "thanks for your service" forget about the uniform and focus on the man or woman and be genuine. Take their lead and go where they want to go with the conversation." –Magnus Johnson

03

Community is the ultimate weapon in the war against PTSD and veteran suicide. What help is available to veterans where you live? Gather intel and get involved. Until we unite as a community, the casualties in the war at home will only continue to increase.



04 TIME TO TAKE ACTION

ENLIST IN THE FIGHTS FOR OUR VETS

They fought for us. And now we must fight for them. Commit a small portion of your time to help veterans in need in your community. It could be the difference between losing a hero and saving a life.

"I can find an enemy in the remote mountains of a far-off country, but I still don't know where to find help in my own town." –Tom Spooner

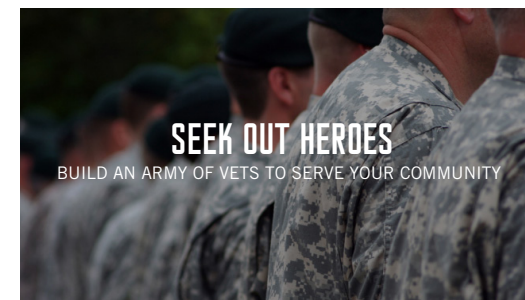
05 ALIGN WITH YOU ALLIES

INFRASTRUCTURE IS PARAMOUNT IN FIGHTING THE WAR AT HOME

Creating an alliance between the VFW/VA, charities, and your community is the key to victory. Elect a vet to serve as veteran liaison to the community. Someone who understands the issues that those who come home from war face will be able to reach out to—and recruit—those who want to understand.

06

With their vast amount of experience, veterans are perfect for leadership positions, law enforcement, and coaches, to name a few. We need more people with the integrity, leadership training, and skills our veterans have acquired during their time in service. Seek them out, engage them, and let them lead.



07 RESOURCES ON THE GROUND

PROVIDE REINFORCEMENT

With the VA extremely backlogged, it's important for the community to campaign for veterans to receive counseling and simple stress relievers. As an example, encourage local facilities to offer chiropractic and massage services at a discounted rate to veterans. Small tactical advantages add up to be a big statement of support for a struggling vet.

08

There are still many who don't know what PTSD is or how to help. Encourage local media to run positive stories featuring veterans, and you'll help inform and enlist an army in the war against veteran suicide.

