

Working for our Veterans
2025-2026 National Hospital Ambassador Kim Copson

As fall starts, the leaves are changing and cooler days and nights are here, and winter will soon be upon us. We need to remember that **September is National Suicide Prevention Awareness month**. We can help, even if it feels like we can't. One thing we can tell them about is the **988 Suicide and Crisis Lifeline number**. When people call, text or chat 988 they will be connected to trained counselors to help get them the help they need.

Are you a Hospital volunteer? Do you want to be? Contact your Department Chairman and find out how to get started. There are always ways to help at events, or to just simply say hello, as every day is Veteran's Day.

Remember who can participate: Auxiliary members, non-members, youth and family members. Also, another reminder, if youth participate you can report that under Youth Activities. No matter who helps, always check with the place where you are volunteering to find out what their policies are for volunteering.

Check with your VAVS representative for a list of needs to see if you can get your Auxiliary to help fill those needs.

*By, Caring for our veterans like the ocean caring for the waves we will always go, **From Sea To Shining Sea Honoring Veterans Who Keep Us Free.***