

From: Jack.Ganter@mail.house.gov To: Jack.Ganter@mail.house.gov Subject: Resources for Veterans Date: Fri, 27 Aug 2021 09:46:41 -0400 Earl L. "Buddy" Carter First District of Georgia Energy and Commerce Committee Subcommittee on Health Subcommittee on Environment and Climate Change Subcommittee on Communications and Technology House Budget Committee Washington, DC Office 2432 Rayburn House Office Building Washington, DC 20515 (202) 225-5831 Savannah Office 6602 Abercorn Street Savannah, GA 31405 (912) 352-0101 Brunswick Office 777 Gloucester Street Suite 410 Brunswick, GA 31520 (912) 265-9010

<http://BuddyCarter.House.gov> [Date] [FullName] [Address] Dear [Salutation], I am honored to represent a district steeped in military service and history. America's veterans have put everything on the line to protect our freedoms and they deserve the best possible care when returning home. As veterans witness President Biden's policies that have resulted in a disastrous withdrawal from Afghanistan, I believe it is vital that we as a nation assure them that they are not alone during this difficult time. The decades of sacrifices our servicemembers have made in defense of our country have been critical to our security, and we are safer because of them. More importantly, to all of those who have served or are currently serving- We stand with you. Your service is valued, and your sacrifice will never be forgotten. There are many resources available to our Veterans, especially mental health resources. It is vital to remind our Veteran community that they are not alone during this difficult time.

Compiled by the U.S. Department of Veterans Affairs Veterans Crisis Line: If you are having thoughts of suicide, call 1-800-273-8255, then PRESS 1 VA Mental Health Services Guide: This guide will help you sign up and access mental health services. MakeTheConnection.net: information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues. Download VA's self-help apps: Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time. Tragedy Assistance Program for Survivors (TAPS): Request a Peer Mentor VA Women Veterans Call Center: Call or text 1-855-829-6636 (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET) VA Caregiver Support Line: Call 1-855-260-3274 (M-F 8AM - 10PM & SAT 8AM - 5PM ET) Together We Served: Find your battle buddies through unit pages. George W. Bush Institute: Need help or want to talk? Check In or call: 1-630-522-4904. Elizabeth Dole Foundation Hidden Heroes: Join the Community American Red Cross Military Veteran Caregiver Network: Peer Support and Mentoring Team Red, White & Blue: Hundreds of events weekly. Find a chapter in your area. Student Veterans of America: Find a campus chapter to connect with. Team Rubicon: Find a local support squad. Sincerely, Buddy Carter Member of Congress P.S. To stay up-to-date with my office on the latest news and developments, please sign up for my newsletter at <https://buddycarter.house.gov/newsletter>. This mailing was prepared, published, and mailed at taxpayer's expense. Unsubscribe Earl L. "Buddy" Carter First District of Georgia Energy and Commerce Committee Subcommittee on Health Subcommittee on Environment and Climate Change Subcommittee on Communications and Technology House Budget Committee Washington, DC Office 2432 Rayburn House Office Building Washington, DC 20515 (202) 225-5831 Savannah Office 6602 Abercorn Street Savannah, GA 31405 (912) 352-0101 Brunswick Office 777

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and developments, please sign up for my newsletter at

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