

VFW Auxiliary, Department of Connecticut  
"Grateful Hearts Serving Our Veterans"  
"From Sea to Shining Sea Honoring Veterans Who Keep Us Free"

*Connecticut Auxiliary serving Veterans for over 100 years!*

2025-2026

Veterans & Family Support

Bulletin #8

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**VFW Mental Wellness Campaign:** The purpose of the project is to educate VFW and VFW Auxiliary members, veterans and communities about the important topic of mental health and wellness and offer proven tools to intervene on behalf of veterans in crisis. 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.

Find links and learn about resources and support to change the stigma surrounding mental health on the VFW website:

<https://www.vfw.org/assistance/mental-wellness>

Thank you for supporting our Veterans!



Please scan QR code for more information on Veterans & Family Support