



**American Legion Auxiliary
Department of California
National Security Bulletin
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Be the One

The goal of the American Legion's "Be The One" initiative will help destigmatize asking for mental health support and creating opportunities to speak freely and get the support our veterans need. To get more information go to: <https://www.legion.org/betheone>

Buddy Check

The American Legion started the Buddy Check program 4 years ago. Member have reached more than 1 million veterans and provided critical assistance. Buddy Check calls are simple check-ins with veterans in the community to see how they are doing and to learn how the local post can help. The Department of Veterans Affairs launched its own National Buddy Check Week in 2023 and invites involvement from local American local American Legion posts. American Legion posts are also strongly encouraged to make Buddy Check calls during Veterans Week and American Legion Birthday Week. More information can be found: <https://www.legion.org/buddycheck>

Women's Mental Health

Recently the California Legionnaire published their newsletter including an article: "[Mental Health Resources for Women Veterans Lacking.](#)" (pg.6) After reading the article, there are some urgent issues to provide help to the females currently serving and who have previously served in the U.S. military. There are many challenges that our women veterans are still facing: Obstacles to seeking help; not knowing where to find the help; etc. WE should be able to provide this information whether they are a member or someone in their family might be asking how to help.

Veteran's Crisis Line



The Veterans Crisis Line provide 24/7 confidential crisis support for all veterans and their loved ones.

- 24/7 Support- Access free, confidential support 24/7, 365 days a year.
- Live Connection- Connect with a real person qualified to support Veterans.
- Serves Veterans, Their Families, and Friends- The Veterans Crisis Line serves Veterans, service members, National Guard, and Reserve members and those who support them.

More info can be found: <https://www.veteranscrisisline.net/>

Blue Star Families

Blue Star Families was founded by military spouses in 2009 to empower these families to thrive as they serve. They're committed to strengthening military families by connecting them with their neighbors – individuals and organizations – to create vibrant communities of mutual support. They believe we're all stronger when we take care of one another. They have approximately 275,000 members including chapters and communities all over the world. Through their programs they reach more than 1.5 million military family members each year. More info can be found: <https://bluestarfam.org/>

Quilts of Valor Foundation

The mission of the Quilts of Valor Foundation is to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor. A Quilt of Valor is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation." More info can be found: <https://www.qovf.org/>

Purple Bag Project

Crown Royal is a proud supporter of Packages From Home, a 501(c)(3) non profit organization, whose mission is to send care and comfort packages to deployed American military heroes stationed in active duty around the world. Packages From Home began as a labor of love for founder, Kathleen Lewis's son, Christian, a soldier with the Army's 1st Infantry Division. Today, Packages From Home's primary purpose is to provide food, personal care, and recreational items to deployed American servicemen and women from every branch of the military, at no cost to them, while simultaneously supporting the needs of military working/service dogs and veterans who have returned home. Crown Royal believes that it's not about what you have, but what you give and how you give it. That's why Crown Royal is honored to partner with [Packages From Home](#) to turn donated Crown Royal Bags into care packages for active American military heroes around the world.

Go to: https://pack.crownroyal.com/?fbclid=IwAR3Ntm5YLeYXZ1LztxOhZb7znkj_ooDE4-Xm6dtxXjLE2xGQWgzYbSEdmvE to pack a free bag for our soldiers stationed all over the world. It costs us nothing and only takes a few minutes.

Elizabeth Doidge, Department National Security Chairman