The American Legion

For God and Country

bulletin

National Veterans Affairs and Rehabilitation Commission
1608 K Street, N.W. • Washington, D.C. 20006
Michael D. Helm, Chairman - Nebraska
Verna L. Jones, Director - North Carolina
VA&R archived Bulletins can be found at www.legion.org.

07-12 **February 16, 3012**

HAVE YOU HEARD?

The National Guard has set up a toll-free, peer-to-peer counseling hotline to provide Guard members and all reserve component members the ability to speak with counselors on the phone or online.

Members of any reserve component can call the hotline 24 hours-a-day, seven days-a-week, and discus any issues, challenges or problems they have with a peer counselor.

Counselors at the Vets4Warriors peer support hotline are veterans, so they have an understanding and empathy for what service members may be going through when they call.

"[This is] a peer support hotline that allows service members of any reserve component to call the center 24 hours-a-day, seven days-a-week, and discus any issues, challenges or problems they have with a peer counselor," said Col. Gregg Bliss, the Army National Guard's soldiers and families support division chief.

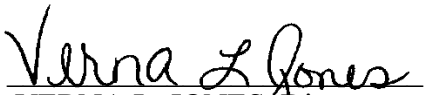
Bliss said that having a program dedicated to strictly anonymous, peer-to-peer counseling is a key step in letting people know, there's no stigma in asking for help

and it’s okay to not be okay.

Once the service member reaches out to Vets4Warriors, the counselor will try to match them to any of the resources available.

To learn more about Vets4Warriors, or to speak with a counselor, service and family members can call the Vets4Warriors toll-free hotline at 1-855-VET-TALK (838-8255) or go to the Vets4Warriors website.

****



VERNA L. JONES, Director
National Veterans Affairs and
Rehabilitation Commission