

HOW YOU CAN BE THE ONE

What: The American Legion's Be the One initiative encourages American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

Why: To reduce the alarming number of veteran suicides.

How: Our goal is to destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how they can Be the One.

Who:

Veterans

- Talk with fellow veterans about how you are feeling.
- Ask for help when you think you need it.
- Know there are millions of people ready to help you.
- Remember your family and friends care.

Non-veterans

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.

American Legion posts

- Educate members, other veterans and civilians on the campaign.
- Display resources at your post or in your community.
- Share events or success stories at legiontown.org.

RESOURCES

American Legion support: Stories, videos and promotional items related to this initiative are available for posts, members and others. Visit betheone.org

For urgent help: Veterans experiencing a crisis can call **988** and press **1** for mental health assistance. Counselors are available 24/7. They may also text **838255** or visit the VA crisis line website veteranscrisisline.net

 AMERICAN
LEGION

BE **THE** ONE

We can all Be the One

Here's how veterans and civilians can help reduce the rate of veteran suicide.

 AMERICAN
LEGION

P.O. Box 1055
Indianapolis, IN 46206
1-800-433-3318

legion.org



Connect with The American Legion

Department of Oregon

30450 SW Parkway Avenue
P.O. Box 1730
Wilsonville, OR 97070
1-503-685-5006
orlegion.org

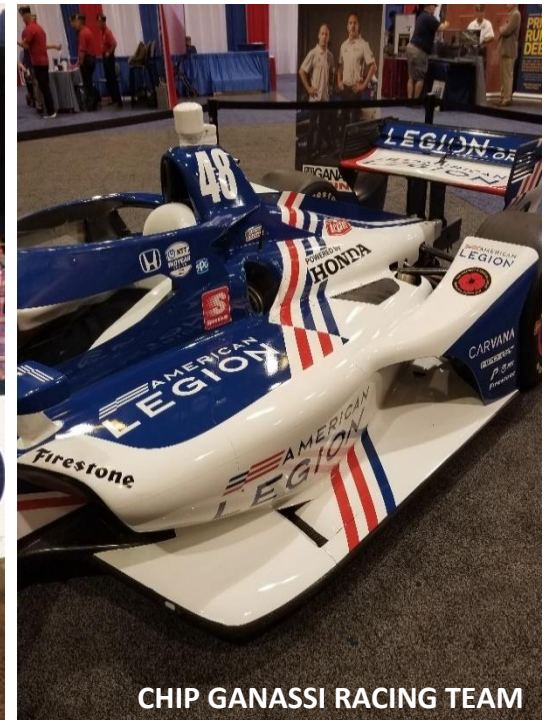
The events described on the inside of this brochure are examples of the activities and impacts being made by The American Legion Department of Oregon to support veterans, families and communities.



MILITARY & VETERAN ENGAGEMENT



ST. PAUL RODEO PATRIOT NIGHT



CHIP GANASSI RACING TEAM

VETERAN ENGAGEMENT PROVIDES A CRITICAL PATHWAY FOR CHANGE

Oregon American Legion posts and members are raising awareness about PTSD and suicide among veterans and active-duty service members by creating positive engagements and providing resources and camaraderie for those at risk.

BUDDY CHECK BRACELET PACKS

Who: Oregon American Legion Family.

What: Funded partially through an Oregon American Legion Foundation grant, Buddy Check bracelet packs are being created by veterans and volunteers and utilized as a tool for engaging the public on suicide prevention awareness.

Impact: More than 3,500 packs - over 7,000 bracelets - have been made and are being distributed at key public events to elevate active-duty and veteran suicide prevention awareness.

VETERANS AND CHILDREN FOUNDATION (VCF)

Who: The American Legion and supporters.

What: Numerous community engagements have produced significant support for VCF and other American Legion veteran and youth programs. Events include the Oregon International Air Show; St. Paul Rodeo Patriot Night; Hillsboro Hops Salute To Service; Portland Trail Blazers Military Appreciation Night; Veteran stand-down events; and, more. These events are critical in increasing engagement and awareness of veteran resources that are available.

Impact: Oregon veterans and supporters have raised over \$50,000 in support of VCF. VCF supports more than 3,000 trained and accredited American Legion service officers across the nation, handling the needs of 750,000 or more U.S. military veterans who have become disabled through service to our nation. Service officers, like those in Oregon, further assist veterans with accessing earned benefits including education, employment, starting a business, and acquiring home loans.

Additionally, VCF funds the Temporary Financial Assistance program, which ensures that qualified military and veteran

families with minor children at home can pay for food, shelter, clothing or other necessities when sudden, unexpected financial hardships strike. Healthy veteran families strengthen our communities.

NTT-INDYCAR PARTNERSHIP

Who: The American Legion and Chip Ganassi Racing Team (CGRT) partnership.

What: National partnership with Chip Ganassi Racing in the NTT IndyCar Series significantly amplifies our mission to reduce veteran and active-duty service member suicide through American Legion and "Be The One" initiative branding and marketing to a diverse new audience.

Impact: With more than 57 million race fans, average televised viewership is 1.2M per race, nationally. Each of the past two years the NTT IndyCar Series included stops at the Grand Prix of Portland, where Chip Ganassi purchases and provides 50 race tickets for service members, veterans and family members to attend. In August 2022, CGRT-driver Jimmie Johnson and his wife pledged \$1.5M to VCF, further demonstrating his effort to "Be The One" in helping bring an end to veteran suicide.