



## PREVENTS Supporters: Message of the Month

### Veterans Day and National Family Caregivers Month

Greetings PREVENTS Supporters!

It is hard to believe it is already November! As we approach the final months of this challenging year, I feel hopeful and inspired for your support of the REACH campaign. For November, please help us inspire people to reach out to the Veterans and caregivers in their lives—November 11 is Veterans Day and all of November is National Family Caregivers Month. Below, please find talking points, social media posts, and accompanying graphics you can use on your online platforms.

Thank you for your continued support.

Together, we will prevent suicide.

### Talking Points

*Please use this content when speaking about PREVENTS at any speaking engagements or incorporate it into any newsletters or blogs you may share with your networks.*

- Veterans Day is celebrated on November 11<sup>th</sup>. The theme from the U.S. Department of Veterans Affairs this year is “Vision: Veterans in Focus.” Take time today to honor the tradition of service embodied by our Nation’s Veterans’ service and their sacrifices for our Nation.
- As we thank the men and women who have served our country in uniform in the past, it’s important to REACH out to the Service members in your life who may be struggling and offer your support. They are the Nation’s future Veterans and we want to make sure that they know we support and care for them.
- During National Family Caregivers Month in November, thank the caregivers in your life and community for their service to those in need. The work of caregivers involves increased responsibilities and can take a mental and physical toll on individuals. This has been exacerbated by the COVID-19 pandemic, which has created new challenges for caregivers. By supporting those who care for us and those we love, we can help prevent suicide.
- Learn more about how you can support the caregivers in your life by exploring [caregiver.org](https://caregiver.org). If you are a caregiver feeling overwhelmed or stressed, please do not hesitate to ask for help. You’re not alone—there are people and resources ready to help.



## Facebook and Twitter Posts



#VeteransDay is a time to honor all those who have served our Nation as well as focus on the needs of the next generation of #Veterans. #REACHnow to the Veterans in your life to thank them for their service and ask how you can support them. @WeArePREVENTS

#COVID19 has created many extra challenges for caregivers. Now more than ever, it is harder for caregivers to stay connected with friends & family outside of their caretaking responsibilities. #REACHnow to a caregiver in your life and offer your support.

#DYK November is #FamilyCaregiversMonth? Over 43 million Americans serve as caregivers to a loved one. Being a caregiver includes many responsibilities and can lead to feelings of isolation, so take time this month to #REACHnow to caregivers you know and offer your support.



## Instagram Posts

This #VeteransDay, we all can take time to honor the Service members and Veterans that have bravely fought for our freedom. #REACHnow to a Service member or #Veteran in your life to thank them for their service and ask if there is anything you can do to further support them.

Did you know November is National Family Caregivers Month? Over 43 million Americans are currently serving as caregivers to family, friends, or neighbors year-round. If you are a #caregiver, your work does not go unnoticed. #REACHnow to friends and family that you know are caregivers and offer to provide respite from their duties – ask how you can help them and follow through.

## Shareable Graphics

