

<p><u>VA Suicide Prevention Hotline</u></p> <ul style="list-style-type: none"> • 1-800-273-8255 then press 1 • Send a text message to 838255 to connect with a VA responder • Take a self-check quiz at VeteransCrisisLine.net/Quiz 	<p><u>National Child Abuse Hot line</u></p> <ul style="list-style-type: none"> • 1-800-422-4453 - 24-hour hotline that offers crisis counseling for adult survivors, abused children, parents experiencing stress and several other problems. Information and references.
<p><u>ACCESS Florida 850-300-4323</u></p> <ul style="list-style-type: none"> • General Information about Food Assistance and SUNCAP The Food Assistance Program helps people with low-income buy healthy food. A food assistance household is normally a group of people who live together and buy food and cook meals together. If your household passes the Food Assistance Program's eligibility rules, the amount of food assistance benefits you get depends on the number of people in your household and how much money is left after certain expenses are subtracted. 	<p><u>National Runaway Safeline</u></p> <ul style="list-style-type: none"> • 1-800-RUNAWAY - This national service is provided to all children and parents across the US. Whether a child feels unsafe at home and is wanting to run away, or if a parent believes they have a child who ran away from home and needs help, the National Runaway Safeline is a place to call where professional personnel are on-duty 24/7 to answer questions
<p><u>The FL Dept of Labor</u> 800-204-2418</p> <ul style="list-style-type: none"> • File for jobless benefits in Florida. The Florida Department of Labor is the organization you need to get in touch to file for jobless benefits. The State of Florida makes contacting the agency simple, and there are numerous ways to do so. Contact the Florida Agency for Workforce The phones at the Florida unemployment office are answered from 8:00 a.m. to 5 p.m. Monday through Friday. 	<p><u>Poison Control</u></p> <ul style="list-style-type: none"> • 1-800-222-1222 (24 hours) - Agency advises what to do in suspected or actual poisoning. <p><u>Substance Abuse & Mental Health Svcs</u> Phone: 1-800-662-4357</p> <ul style="list-style-type: none"> • SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
<p><u>Homeless Call Center</u></p> <ul style="list-style-type: none"> • 877-424-3838 	<p><u>Social Security Administration</u> Phone: 1-800-772-1213</p> <ul style="list-style-type: none"> • The United States Social Security Administration administers Social Security, a social insurance program consisting of retirement, disability, and survivors' benefits.

HOW TO PERFORM A BUDDY CHECK DURING THE CORONAVIRUS PANDEMIC



With the coronavirus (COVID-19) pandemic that is affecting us all, the Buddy Check program is perhaps more important now than ever before. The idea is to connect with veterans who may need assistance but don't know where to go or who to ask.

If we hear of someone in need, we can offer someone a ride, deliver groceries or supplies and, in short, be there for them.

Some people won't ask for help. Encourage members of your post to reach out and offer assistance to other veterans in your area. Please be particularly attentive to seniors, a population that is especially vulnerable to the harmful effects of this virus.

The important part is to let the veterans in your community know you care and can provide assistance. It's what we do for our battle buddies.

HOW DO I ORGANIZE A BUDDY CHECK?



1. Gather up a team to call members, former members and all veterans in your area. If each member in a team of 10 calls just 10 people, 100 veterans can be reached in one sitting.
2. If you don't have a list of current and former members at your fingertips, visit myLegion.org and download the names of current members and those who have let their memberships expire.
3. Save the file of members and those whose memberships have expired onto a spreadsheet or copy and paste into a Word file to distribute among your team members. Send out several copies of the lists via email.
4. Divide up the call list among your team members. Some may have personal connections with the member or veteran and should make that particular Buddy Check.
5. Make a list of local resources and phone numbers of services such as pharmacies with drive through windows, restaurants that are now providing order ahead takeout and meal delivery vendors that may be in your area, such as DoorDash, Grubhub and Uber Eats. Be prepared to educate people on how they can place orders online or by calling. Having these resources prepared ahead of time will be helpful when your team is making calls.
6. Start calling to see how people are doing. Ask if they need anything.
7. Use the spreadsheet to record your calls and identify those who may need a follow up or additional assistance.
8. Leave contact information in case the call doesn't get answered so you can be reached in the future



AMERICAN LEGION SAMPLE SCRIPTS

The following scripts can help you and your American Legion Family team make Buddy Checks on members and other veterans. Use these, modify them or draft your own before reaching out.

Remember, the most important part of the call is to see if the veteran and family are OK and if the Legion can assist them in any way.

MEMBER:

Hi, [MEMBER'S NAME]. This is [YOUR NAME] from your American Legion Post [XYZ]. I want to thank you for your membership and to check in on you and your family.

The coronavirus is a global pandemic that has changed life as we know it. I'm calling to see if there is anything that your American Legion post can assist you or your family with. Remember, your fellow Legionnaires are always here for you. If you, or a member of your family need anything, please let me know and I will do my best to help.

Thanks again for your service and know that you can call me any time at [PHONE NUMBER] or email me at [EMAIL ADDRESS].

Let's stay in touch.

VETERAN / NON-MEMBER:

Hi, [NAME]. This is [YOUR NAME] from American Legion Post [XYZ]. I am calling to check in on you and your family.

The coronavirus is a global pandemic that has changed life as we know it. I'm calling to see if there is anything that American

Legion Post [XYZ] can assist you or your family with. And really, just to say that we are here for you. If you, or a member of your family, need anything, please let me know and I will do my best to help.

Thank you for your service and know that you can call me anytime at [PHONE NUMBER] or email me at [EMAIL ADDRESS]. Let's stay in touch.



MEMBER NAME: _____

DATE: _____

ID NUMBER: _____

BUDDY CHECK REPORT

Post# District #

	MEMBER ID	NAME	PHONE NUMBER	DATE CALLED	COMMENTS & FOLLOW UP
1					
2					
3					
4					
5					
6					
7					
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