

SAY SOMETHING

U.S. Navy Veteran Carl Saviano's long road to recovery began the day he called the Veterans Crisis Line.

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring VA responders.

"The dark times seemed to just get worse after getting better for a while; I was at the end of the road," shared Carl. "I remember laying on my couch, and I had a Veterans Crisis Line coaster on my living room table. Without even thinking, I gave the line a call.

After his call, Carl was put in touch with the Butler VA's Suicide Prevention Coordinator Pete Albert. Pete is here to ensure Veterans receive needed counseling and services. He can be reached directly at 878-271-6096.

"The long road to recovery began at the very moment I talked to Pete. He understood where I was at, and his positivity gave me hope again that life is worth living and to give myself a chance to live a life worth living again," said Carl.

The Butler VA has many treatment resources for Veterans struggling with a wide range of emotional, readjustment

and behavioral health issues such as post-traumatic stress disorder (PTSD), depression, anxiety, mental illness, substance abuse, military sexual trauma (MST), etc.

"SAY SOMETHING if you are not feeling like yourself, you cannot be treated if you bottle everything up and hold it all in," said Carl. "You're no less a man or woman if you open up about your issues and get the help you need."

As for Carl's experience with the Veterans Crisis Line, he says: "It is there for a reason, so utilize incredible resources like this because you are worth living...remember that!"

Whether you're a Veteran, or a friend or family member concerned about one, confidential assistance is only a call, click, or text away. For more information about the Veterans Crisis Line, visit www.VeteransCrisisLine.net. For more information about VA's mental health resources, visit www.mentalhealth.va.gov.



“ SAY SOMETHING if you are not feeling like yourself, you cannot be treated if you bottle everything up and hold it all in. You're no less a man or woman if you open up about your issues and get the help you need. ” - Carl Saviano, U.S. Navy Veteran

THIS MONTH IN HISTORY...SEPTEMBER

- 1 World War II begins (1939)
- 6 The last American and Korean prisoners are exchanged in Operation Big Switch, the last official act of the Korean War (1953)
- 9 The Continental Congress officially names the "United States" of America (replacing the term "United Colonies") (1776)
- 11 The first Patriot Day, observed as the National Day of Service and Remembrance in memory of those killed in 2001 September 11 attacks, is held (2002)
- 13 The Battle of Fort McHenry in Baltimore Harbor occurs, observed by Francis Scott Key aboard a ship, inspiring him to write what later became the U.S. National Anthem (1814)
- 18 The U.S. Air Force is established (1947)



SEPTEMBER IS SUICIDE PREVENTION MONTH

If a Veteran you know is in crisis, **Be There** and contact the Veterans Crisis Line. The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. **Call 1-800-273-8255** and press 1, text to 838255, or chat online at VeteransCrisisLine.net/Chat.



SEPTEMBER FLU CLINICS

The Butler VA Health Care System is kicking off its fall flu clinics this month! The first flu clinic will be held September 18, 2019.

The single best way to protect against the flu is to get vaccinated each year. Veterans are encouraged to attend a flu vaccination clinic this month. Veterans also may receive their flu shot from their Primary Care Provider.

Wednesday, September 18 • 8am-12pm
Abie Abraham VA Health Care Center,
2nd Floor

Friday, September 20 • 9am-1pm
63 Conneaut Lake Road, Greenville PA, 16125

Saturday, September 28 • 10am-2pm
VFW Post 2145, 603 Liberty Street
Clarion PA 16214



WE REMEMBER

As we remember the 18th anniversary of September 11, 2001, the Butler VA thanks all of America's heroes of that day and all those who are serving or have served our great nation.

TRAVELING THIS FALL? UTILIZE THE NEW URGENT CARE BENEFIT

The new urgent care benefit under the MISSION Act allows Veterans enrolled with VA Healthcare to visit participating urgent care clinics in their community for treatment of minor healthcare needs. It offers added convenience for eligible Veterans to use at any time, with any participating provider throughout the country – an excellent benefit for eligible Veterans that may be traveling this fall.

Veterans do not need to get VA authorization prior to visiting a participating urgent care provider. A comprehensive list of participating urgent care community providers is available at www.va.gov/fnd-locations, or on the **VA-approved urgent care locations and pharmacies** link (<https://vaurgentcarelocator.triwest.com/>) then follow the instructions to find the nearest participating urgent care provider in your local community.

To be eligible for this urgent care benefit, Veterans must be enrolled in the VA health care system and have received care through VA from either a VA or community provider within the past 24 months. Learn more: www.va.gov/COMMUNITYCARE/programs/veterans/Urgent_Care.asp

WANTED! VETERAN PHOTOS

Submit your military service photo and write-up so we can honor **YOU** this Veterans Month (November 2019). To obtain a submission packet, or for more information, call 878-271-6492. Submissions will be accepted August 1-October 1.

We want to hear from you! Email amanda.kurtz2@va.gov to share your story with us!

EVENTS

Veterans Stand Down

13 Friday, September 13 • 12pm-3pm
Cascade Park, 1928 E. Washington St.,
New Castle

18 Coffee with the Quad
Wednesday, September 18 • 9am
Abie Abraham VA Clinic

18 MVP On-the-Road
Wednesday, September 18 • 8:30am-2pm
Parking Lot, HCC

20 Farmers Market
Friday, September 20 • 10am-2pm
Outside Lawn, HCC Main Entrance

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Butler VA Health Care System



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