

Happy October Everyone,

Thank you to all that attended your local district meetings around the state and Fall Convention in Sioux Falls.

I had the pleasure of meeting our National President Lois Callahan in Pierre. I love her motto this year! From Sea to Shining Sea, Honoring Veterans Who Keep Us Free. It is always a great time to tour our States Capitol Building and we toured Governor's Residence, then in Ft Pierre at Verendrye Museum, Verendrye Monument and Casey Tibbs Rodeo Center.

Suicide Awareness Month is upon us, be the difference and listen for signs that someone in your life may be struggling.

While you might think of 988 as a resource in times of crisis or suicide, it can help with any emotional concern. You can reach out to ask questions, find help or if you just need to talk.

- Help with any mental health-related distress
- Suicide crisis or having thoughts of suicide
- Help with substance misuse
- Grief, trauma or family troubles
- Behavioral health resources and treatment options
- Help with a loved one's behavioral health

Contact 988 in times of crisis or when you just need guidance for mental health concerns, substance use, suicidal thoughts, emotional support or if you're seeking help for a loved one. Available by call, text or chat.

Grabbing the lifeline – 20-year Veteran's story. The National Home is a refuge for veteran's families. Each family does not have to pay for rent, daycare, utilities and they receive the help they need. Counseling and numerous resources that the National Home provides is so important. Thank you to all that raise money for this wonderful place!

<https://www.youtube.com/watch?v=VKqz6GyaSNc> 8003134200 is the National Homes helpline if anyone needs help.

Please make sure to use all your resources to promote your Auxiliary activities.

I can always be reached for questions at [danibolte@sio.midco.net](mailto:danibolte@sio.midco.net), message me on Facebook or text to 6057591993.

Take care,

Dani Bolte