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For thousands more files like this and hundreds of links to useful information, and hundreds of
“Frequently Asked Questions, please go to:

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If Veterans don't help Veterans, who will?

Note:

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SURVIVOR OUTREACH SERVICES

Strength

built on
Sacrifice

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In 2013, the U.S. Army Installation Management Command created a website specific to those who wear the Gold Star Pin. www.GoldStarPins.org is part of the Army's on-going commitment to taking care of the families of our fallen brothers and sisters.

The primary goal is to increase the awareness of Gold Star pins worn by Families of Fallen service members – as very few Americans are familiar with their meaning. By doing so, we hope to make painful or awkward explanations by Gold Star family members a thing of the past and give every American the opportunity to offer their thanks and support to surviving military families.

You can help promote the memory of your loved one by supporting the campaign in two ways. First, contact your local network TV stations and make them aware of the PSA which is available for free download at the Me-

dia Center on the Gold Star Pins website.

Next, promote Gold Star Pins on your social media sites. You are only limited by your imagination in the ways to spread the word. High-resolution files of the marketing material can be downloaded at: <http://mwrbrandcentral.com/HOMEPAGE/printmedia.html#SOS>

PLEASE!

Send us an EMAIL!

For more prompt news and updates important to Military Survivors

PLEASE EMAIL YOUR SOS COORDINATOR NOW

You will be added to our confidential distribution list.

All emails are sent as blind copies.

No one will ever see your address.

Suicide Grief: Healing after a Suicide

You may be reading this because your Service Member died by suicide. A suicide can be emotionally devastating to the survivors. A Service Member's suicide can be even more difficult.

When someone dies by suicide, you can experience overwhelming emotions. At the same time, you might be consumed by guilt — wondering if you could have done something to prevent your loved one's death.

As you face life after a suicide, remember that you don't have to go through it alone.

Brace for powerful emotions

A suicide in your family can trigger intense emotions. For example:

Shock. Disbelief and emotional numbness might set in. You might deny that the suicide really happened.

Anger. You might be angry with the person for abandoning you or leaving you with a legacy of grief — or angry with yourself or others for missing clues about suicidal intentions.

Guilt. You might replay "what if" and "if only" scenarios in your mind, blaming yourself for the person's death.

Despair. You might be gripped by sadness, loneliness or helplessness. You might have a physical collapse or even consider suicide yourself.

Intense Reactions

You might continue to experience intense reactions during the weeks and months after the suicide — including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities — especially if you witnessed or discovered the suicide.

Adopt healthy coping strategies

The aftermath of a person's suicide can be physically and emotionally exhausting. As you work through your grief, be careful to protect your own well-being.

Keep in touch. Reach out to loved ones, friends and spiritual leaders for comfort, understanding and healing. Surround yourself with people who are willing to listen when you need to talk, as well as those who'll simply offer a shoulder to lean on when you'd rather be silent.

Grieve in your own way. Do what's right for you, not necessarily someone else. If you find it too painful to visit their gravesite or share the details of the person's death, wait until you're ready.

Be prepared for painful reminders. Anniversaries, holidays and other special occasions can be painful reminders of the person's suicide. Don't chide yourself for being

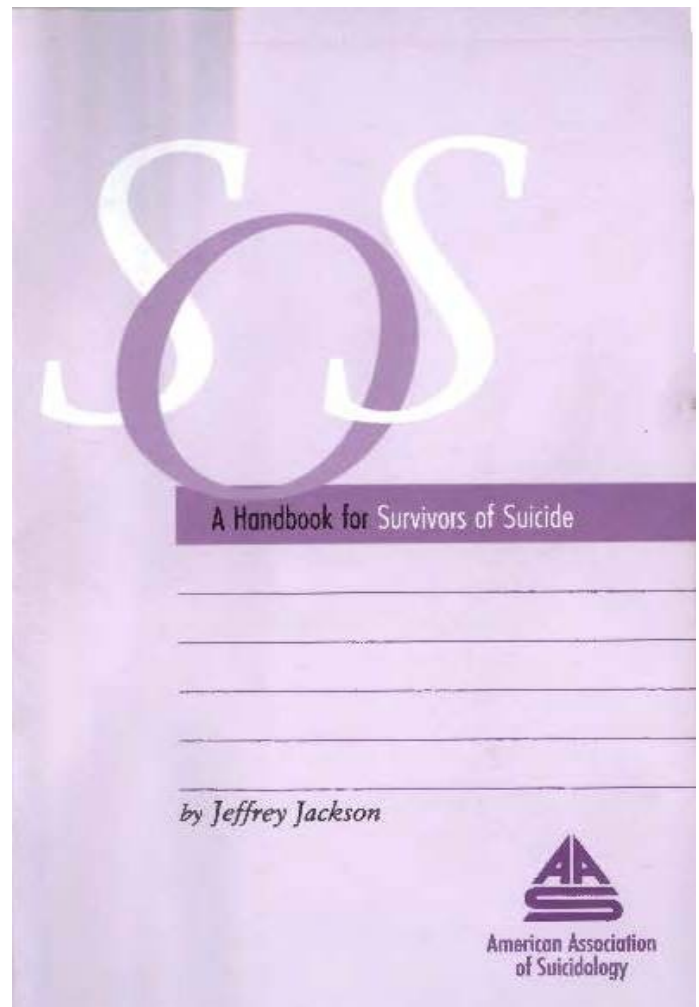
sad or mournful. Instead, consider changing or suspending family traditions that are too painful to continue.

Don't rush yourself. Losing someone to suicide is a tremendous blow, and healing must occur at its own pace. Don't be hurried by anyone else's expectations that it's been "long enough."

Expect setbacks. Some days will be better than others, even years after the suicide — and that's OK. Healing doesn't often happen in a straight line.

Consider a support group for families affected by suicide. Sharing your story with others who are experiencing the same type of grief might help you find a sense of purpose or strength.

Educate yourself. Download a free pamphlet through the American Association of Suicidology by Googling [A Handbook for Survivors of Suicide](#) by Jeffrey Jackson.





Veteran Tickets Foundation - (Vet Tix) provides **FREE event tickets to immediate family members of troops Killed In Action (K.I.A.)**, our Military and Veterans to sporting events, concerts, performing arts and family activities.

Attending these events reduces stress through entertainment, strengthens Family bonds, builds life long memories and encourages service members to stay engaged with American life and local communities.

Veteran Tickets Foundation teams up with major sports teams, leagues, promoters, organizations, venues and ticket holders to provide free and discounted tickets to the more than 21 million Military and Veterans. Vet Tix-ers accounts are active once we verify service status. Tickets are either directly distributed to military bases or Vet Tix-ers claim tickets through our website.

To learn more about the Veteran Tickets Foundation, see a listing of future Vet Tix events or create an account to get tickets, go to <http://www.vettix.org/>.

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Scam Targets Gold Star Families

Please be aware of a scam targeting Gold Star Family Members. This information originated from our Ft. Bragg, NC, SOS office.

Currently, the calls are originating from a 202-666-2294 number, the caller claims to be from the "Casualty Office of the Government in Washington DC". They are telling Survivors that they are eligible for a \$8,400 grant that can be used for any purpose. When asked, they will not provide a government id or call back number. They are trying to convince Survivors to give them their checking/savings account information.

Please call your SOS Coordinator, or call the national SOS toll-free number at 855-707-2769 if you ever receive a phone call or anything in the mail that claims to be the Casualty and Mortuary Affairs Operations Center (CMAOC) or the Casualty Assistance Center (CAC) requesting your banking or personal information. We will verify the information for you and answers any questions you have.



Support for Mothers

American Gold Star Mothers, Inc. is an organization made up of Mothers whose children died while in Military service, or died as a result of that service, or are missing in action. AGSM, Inc. extends emotional, peer, and resource support to all Gold Star Mothers and their families.

If you are interested in the support of other mothers who understand what you are going through, need information about resources, or would simply like someone to contact you about American Gold Star Mothers, Inc., please contact your Survivor Outreach Support Coordinator.

“Remembering Our Fallen” from Florida
Exhibit Unveiling October, 2014 – Details to Follow

This exhibit will include our country's Fallen who called Florida home. If you have not yet been contacted about photos, and have a loved one who died from wounds suffered in Iraq or Afghanistan, please contact: info@RememberingOurFallen.org.

More info at: www.RememberingOurFallen.org or [Facebook.com/RememberingOurFallen](https://www.facebook.com/RememberingOurFallen)

“Remembering Our Fallen” exhibits have been completed for 11 states; Florida is the 12th. The exhibits were created to honor those who made the ultimate sacrifice in the Iraq and Afghanistan wars. The legacy will be that these men and women will never be forgotten and that their names will be remembered and spoken. Their mission is to complete an exhibit for every state by 2016.

The exhibits have been made possible, thanks to Bellevue University, the financial sponsor. www.Bellevue.edu



Good Grief!

(If There Is Such a Thing)

It is often the misunderstanding of grief that increases our fear, despair, hopelessness, and helplessness when someone in our life has died. We don't choose to be injured in an accident. In the same way, we don't choose to grieve when someone dies. It just happens.

Just as you would seek out a medical professional to help you through the pain of a physical injury, you may want to consider seeking a grief professional to help you through the pain of your emotional injury.

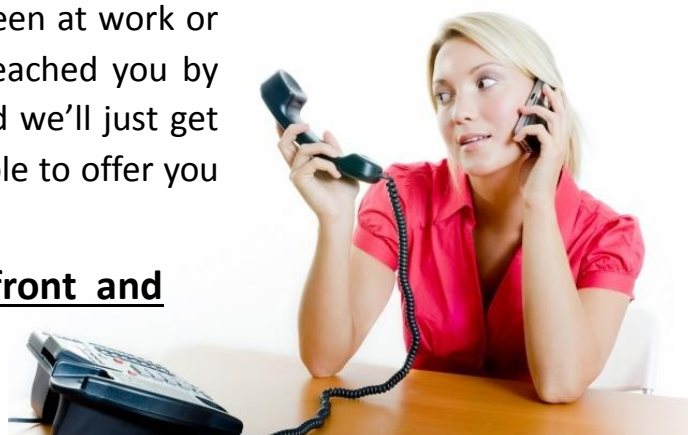
Regardless of what you may have heard there is no time limit on how long you are allowed to grieve. You may still have bad days or secretly struggle with the grief of the death of your loved one. We want you to know that, whether you are newly bereaved or have been a Survivor for several years, there are many resources available to you if you would like to speak with someone about your struggle. If you would like information about grief counseling or support groups available in your area please contact your SOS Coordinator.

I'm Too Busy To Talk!!!

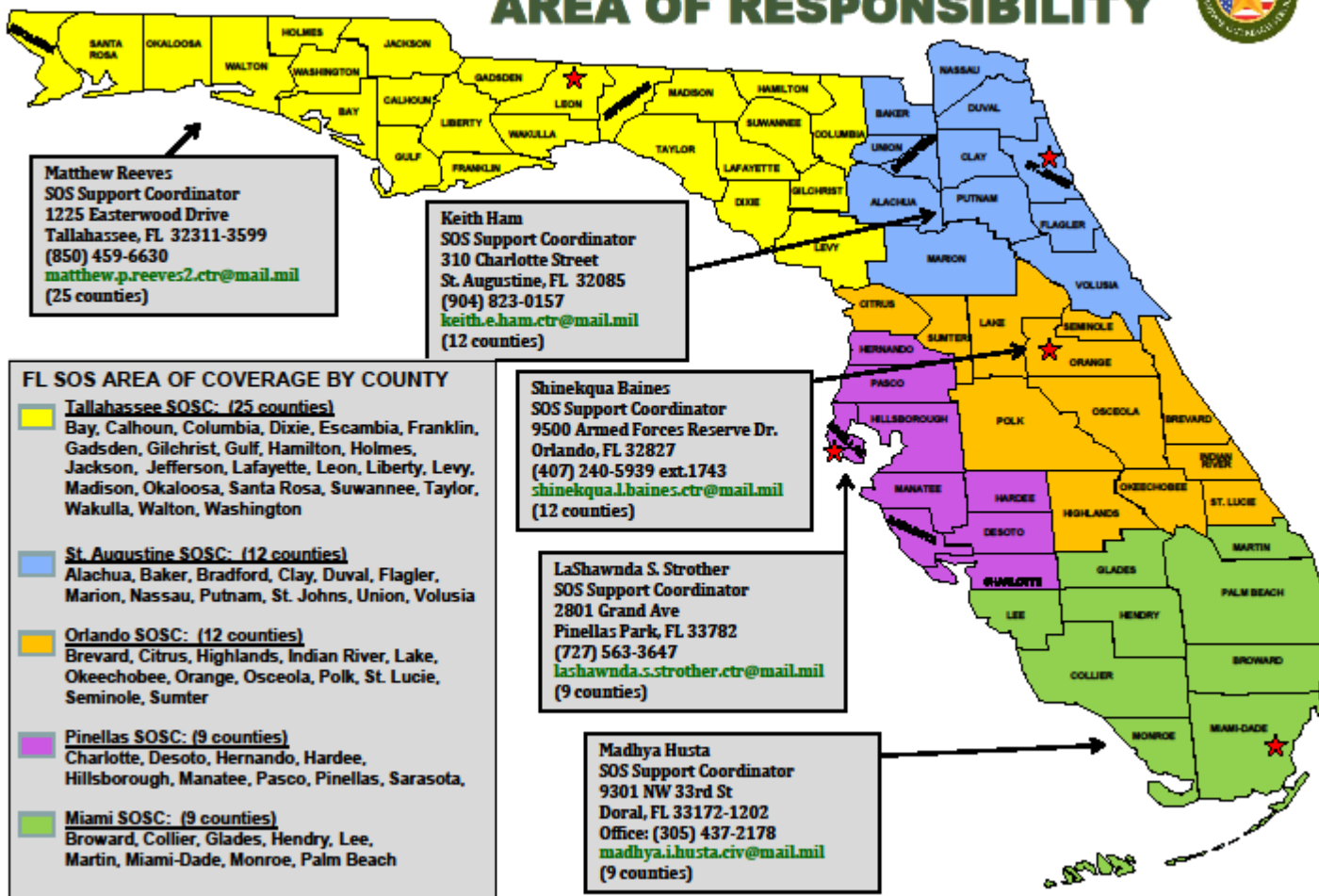
Hey, we get it. Life is busy and you may have been at work or busy when we've tried to call. If we haven't reached you by phone, call or email us at your convenience and we'll just get to know one another and see how we may be able to offer you support.

All SOS Coordinator contact info is on the front and back pages of this newsletter.

We can't wait to hear from you!



FLORIDA SURVIVOR OUTREACH SERVICES AREA OF RESPONSIBILITY



Survivor Outreach Services provides long-term support and advocacy for families of the fallen. Our support coordinators and financial counselors are dedicated to helping survivors from all eras understand and apply for benefits as well as stay connected to the Army family for as long as they desire.

Although Survivor Outreach Services is the focus of this newsletter, please know that all branches of the Armed Forces are equally committed to taking care of surviving military families. Please contact us, and we will connect you with additional resources that may be available for your branch of service. To find the Survivor Outreach Services location nearest you, check out the map on this page, or visit www.sos.army.mil.

