



# ONCE A SOLDIER

Aid and Comfort for Veteran Suicide Families

**MISSION:** We offer time-of-need services to limit the financial scar & Transcendental Meditation scholarships for mental health postvention.

## PROBLEMS

- 14 Veteran suicides per day
- Average funeral cost: \$12,000
- Average VA benefit: \$700
- Not all families struggle financially
- Always children involved

## ANSWERS

- Full range of PTSD resources
- Outreach and grief counseling
- Funeral planning counseling
- Funeral financial aid
- Emotional comfort postvention

## SILVER LINING AID

### Time of Need Consulting

Bio Hazard and Funeral Home Arrangements Negotiated

### Crisis Financial Support

Up to \$1,000 Per Family

## SILVER LINING PROJECT

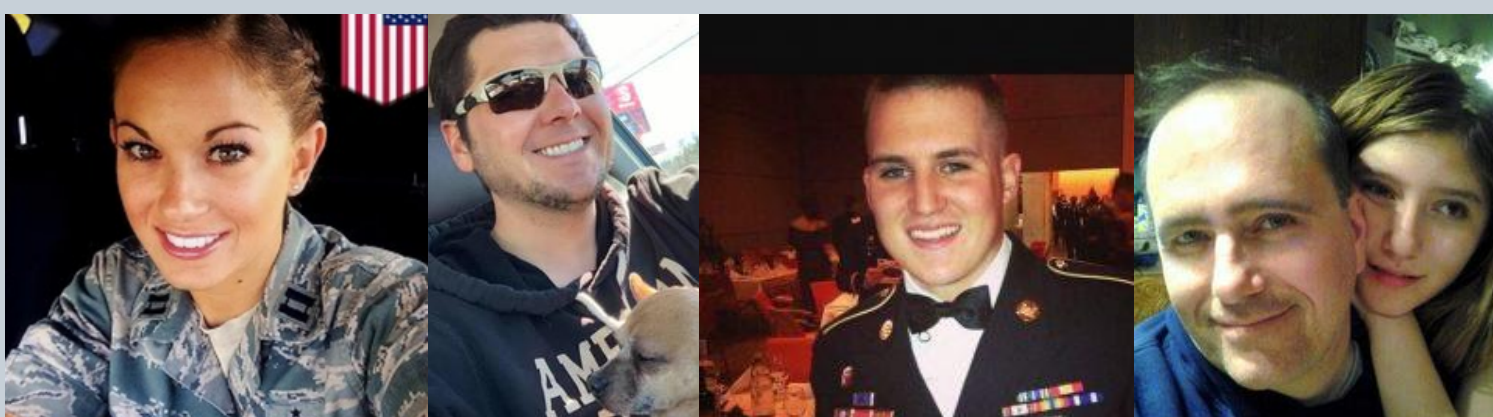
### Mental Health Programs

Meditation Classes Scholarships provided by the David Lynch Foundation

### Memorials

Family-penned stories of life before PTSD.

## THE FACES OF VETERAN SUICIDE WILL SURPRISE YOU



*"I have gone to therapy, church groups, bereavement classes and take meds, but nothing has helped as much as OAS."*

**Helen Taylor, Mother**

*"You have been the only ones that have reached out to help us with Mikey. We appreciate it more than we could ever express."*

**Chad Forsting, Father**



# ONCE A SOLDIER

Aid and Comfort for Veteran Suicide Families



[onceasoldier.org](http://onceasoldier.org)

