



To Do

- Once you've discovered a suicide, call the police or 911.
- Tell the coroner or medical examiner that he or she was a Veteran who suffered from PTSD.
- Ask if they can hold the body at the morgue.
- Contact your Veterans Administration Service Officer - benefits are better if your Veteran was connected to a VA

Don't Rush to a Funeral Home - Coroners or Medical Examiners will hold the body for up to 2 months. Get over the initial shock and take your time if there's no plan that seems good. Once you pick a funeral home and whether to cremate or not, you're locked into their service or pay a large transfer fee. Average burial even with VA support is \$6,000 to \$14,000.

Life Insurance Payouts - Most funeral homes will offer to act as a holding/transfer agent for you with the insurance company. They will subtract their fees for your service out of your money. Ask if they charge for that. Don't like their answer? Contact your agent directly. Their response times can vary significantly.

Biohazard Clean Up - Homeowners insurance may be able to pay or repay the biohazard clean up costs. Landlords or management companies may also have this insurance.

Funeral Homes - Can be helpful, but they are in business to make as much money as possible no matter the circumstances. They should be able to connect with a crematorium if they don't have one on-site or locally. Many don't offer that service on-site. They're also cash and carry - some won't let you see your loved one until their bill is paid-in-full. It is expensive to move the body from one funeral home to another, even if it is just across town.

Direct Cremations - "**A direct cremation all included**" is exactly what you should ask for. National average costs range from \$800 - \$1,500. It is the most affordable service with ashes delivered in one or more urns. Urns start at \$75.



Additional Resources

NAMI - This is a nationwide mental health non-profit [that offers free virtual sessions](#) and more. All are different but free services are common to all.

County Social Services - Every county in America has a social services office. Call them. They often can help with reasonable funerals and mental health options.

Local Military Nonprofits - Start with the branch related to your Veteran served.

Local Faith-Based Outreach Groups - they can offer financial or emotional support.

TD Foundation

www.TDFoundation.org

They grant modest financial aid like us, and they focus on children's needs, so reaching out to them if you have kids may turn out good. Check out their website and you want to talk to Tom Deierlein – Co-Founder.

The Military Aid Society offers grants and loans interest free to retired Veterans. There are two main MASSs.

Army Emergency Relief (AER)

7117 Baltzell Ave.

Bldg. 7

Ft. Benning, GA

(706) 545-4043

(706) 545-3530 office

(706) 593-8955 mobile

Contact: Lionel Grant - Military Aid Society

[Survivor Pension Benefit Info](#)

[Find the VFW Near You for Help With](#) VA Claims & Separation Benefits

If they were VA, survivor can file

Casualty brief - educate the spouse



Navy and Marines Relief Society

There is an equivalent and that information is coming soon. Until then, please reach out to Lionel at Ft. Benning.

VA Service Officer

Craig Bennett

(605) 995-8619Work

(303) 263-5730Mobile

craigb@davisoncounty.org

Craig has many answers about what you're entitled to.

Go Fund Me - Consider starting a [Go Fund Me](#) page. Other families have had success here. Hit or miss but definitely worth the time invested.

Emotional Healing

Your emotional healing may never be complete, but on our site we offer free and drug-free ways to clear your mind and find some peace. Here are some links below to get you started and feel free to roam our blog and the rest of our site for anything that may help.

[Click here for PTSD and depression options.](#)

[David Lynch Foundation Resilient Warrior Program](#) for learning Transcendental Meditation. 4 in-person lesson. They are currently revising this program during the pandemic.

[TAPS.ORG](#) - they are the largest in the nation and it may take a while to hear back from them.

The WATCH Program at [22 Kill](#) - this is a newer program that is similar to Taps' networking opportunities.

END