

## WHAT IS BUDDY-TO-BUDDY?

The **Buddy-to-Buddy Volunteer Veteran Program** was designed to help Michigan OEF/OIF service members and veterans deal with the many challenges they may face when readjusting to civilian life.

Behind the program is a simple concept: military service is unlike any other human experience. No one knows more about the issues facing a veteran — in combat or on the home front — than another veteran.

This program was developed by the Michigan Army National Guard, a team of military service members, veterans, veteran advocates and healthcare professionals from the University of Michigan and Michigan State University. Our objective: to train Michigan vets to stand shoulder-to-shoulder with other veterans, serving as their first line of defense with peer-to-peer support and help in connecting to resources.



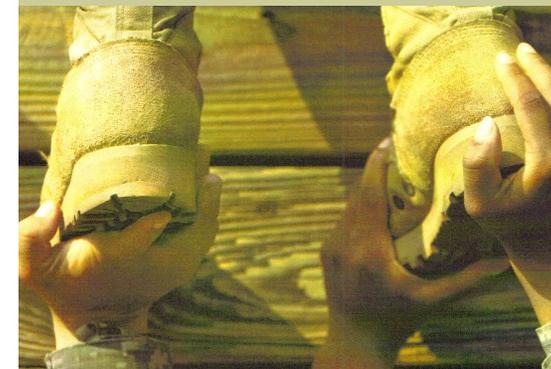
The **Buddy-to-Buddy Volunteer Veteran Program** is part of the Welcome Back Veterans initiative sponsored by Major League Baseball Charities and the McCormick Foundation to raise public awareness about the issues facing today's veterans and their families, and to raise funds to support programs and services that these veterans need to repair and restore their lives.

For additional information about the **Buddy-to-Buddy Volunteer Veteran Program**, visit [www.buddytobuddy.org](http://www.buddytobuddy.org), contact [buddytobuddyVVP@umich.edu](mailto:buddytobuddyVVP@umich.edu) or call 1-888-82-BUDDY (1-888-822-8339).



## GET HELP WITH:

- FINANCES
- BENEFITS
- LEGAL ISSUES
- HEALTH, FAMILY AND EMOTIONAL CONCERNS



## BUDDY-TO-BUDDY VOLUNTEER VETERAN PROGRAM

Peer support and outreach for Michigan veterans of Operation Enduring Freedom and Operation Iraqi Freedom

*Totally voluntary.  
Completely confidential.  
Absolutely free.*

# Veterans standing shoulder to shoulder.



Many veterans face serious challenges when adjusting to life outside the military community, including family concerns, financial struggles, or emotional issues such as depression, post-traumatic stress disorder (PTSD),

substance abuse or traumatic brain injury (TBI).

Sometimes veterans do not seek care because of the stigma associated with asking for help. The **Buddy-to-Buddy Volunteer Veteran Program** seeks to overcome that stigma and open the door to improving the well-being of veterans and their families.

## Peer-to-peer support from trained veterans

Volunteers have been selected to serve in the **Buddy-to-Buddy Volunteer Veteran Program** from a variety of veteran service organizations and the community. Volunteers receive training in communication skills and community resources to help them assist others.

### How Buddy-to-Buddy works

Trained volunteers will contact service members by phone to provide support and learn about each unique situation. Once the right resources are identified, the volunteer will stay involved on an ongoing basis to make sure things are going well.

People who might benefit include:

- Service members or veterans who have questions about how to link to resources related to finances, benefits, education, legal assistance or jobs
- Service members or veterans who are having mental health or substance abuse issues and are not sure about seeking care
- Service members or veterans who are in mental health treatment and could benefit from additional short-term motivation



## TO MAKE A REFERRAL

If you know a Michigan OEF/OIF service member or veteran who might benefit from being matched with a volunteer for support, or if you are interested in referring yourself, **call the Buddy-to-Buddy Volunteer Veteran Program at 1-888-82-BUDDY (1-888-822-8339).**

*Only Michigan OEF/OIF service members or veterans are eligible for the program, but you do not need to be a service member to make a referral.*

Remember to explain the program first and ask permission before referring someone else.

**Anyone who is actively suicidal or is a danger to him/herself or others is outside the scope of this program.**

**IF YOU ARE HAVING SUICIDAL THOUGHTS OR ENCOUNTER A FELLOW SERVICE MEMBER IN THIS SITUATION, CALL 9-1-1 OR THE NATIONAL SUICIDE LIFELINE 1-800-273-8255.**