



when one serves, the family serves

Military and Veteran Family Initiative

Veterans, service members and their families proudly serve our country and are an integral part of our communities. The Military and Veteran Family Initiative is a collaborative, multifaceted project that seeks to engage, educate and empower military families to better meet their specific and unique needs.

Key Project Elements

- ★ Engage military and veteran family members in focus groups to determine needs
- ★ Provide regional family events designed with family member input to address identified needs
- ★ Conduct veteran-focused, evidence-based *Mental Health First Aid* trainings to help veterans, service members and their families understand how to respond to psychological injuries and prevent suicide
- ★ Train veteran family members to use the power of their stories to reduce stigma—identified as the #1 barrier to access to care by NH veterans and their families
- ★ Build a military and veteran family Facebook support group
- ★ Host a NH statewide event to celebrate military families, bringing them together to learn, share and find strength in each other

We hope you will join this collaborative effort!

For more information, contact Annette Carbonneau at (603) 225-5359 or acarbonneau@naminh.org.

This is an initiative of the NH Department of Health and Human Services and presented by NAMI New Hampshire. NAMI NH is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness. With over 35 years experience helping families develop the skills to support themselves and each other, NAMI NH has worked extensively with the military including NH National Guard and VA.