



[Donate](#)

[Self-Help](#)

[Volunteer](#)

[Events](#)

## In This Issue

[New Number for the Veterans Crisis Line](#)

[Mission, Purpose & Therapy from Farming](#)

[Cold Exposure as Combat Injury](#)

### Recent News

*for Veterans, their families, and caregivers*

[Saving Senior Vets & Surviving Spouses](#)

[Important VA Phone Numbers](#)

[Help Someone You Care About](#)

[You are Not Alone](#)

PLEASE SEND US YOUR  
THOUGHTS AT  
[info@KnowAVet.org](mailto:info@KnowAVet.org)

## New Number for the Veterans Crisis Line



There's a new, easy-to-remember way to reach the Veterans Crisis Line—Dial 988 then Press 1.

On July 16th, 2022, the United States introduced '988' as a three-digit phone number for 24/7 crisis care. The 988 number links to the Veterans Crisis Line through dialing 988 then pressing 1.

*Veterans, service members, and their families can still reach the Veterans Crisis Line with the current phone number 1-800-273-8255 and Press 1, or by [chat](#) or [text to 838255](#). The previous 10-digit Lifeline number 1-800-273-TALK (8255) will continue to be operational and will route calls to 988 indefinitely. ([HHS.gov](https://www.hhs.gov))*

[...MORE](#)



## Mission, Purpose & Therapy from Farming

Researched by C. Orlowski & R. MacDougall.

Written by R. MacDougall.

Do you know that Veterans make good farmers? And that farming can be good for Veterans?

[...MORE](#)

## Cold Exposure as Combat Injury

Researched and written by  
Know A Vet?



July 27, 2020, marks the 69th anniversary of the Korean War Armistice Day. This war was fought from June 25, 1950, to July 27, 1953, Active fighting stopped in 1953 but Congress extended the war period to January 31, 1955. This extended benefit eligibility due to uncertain peace after the July 1953 negotiations.

Participants in the Korean War Chosin Reservoir Campaign suffered high rates of injury from severe cold. [...MORE](#)



**The difference is in knowing help is available and how to get it.**



**Please Help Us Reach More Senior Vets and Surviving Spouses living in poverty!**

We are working on a nationwide program to make them aware of free benefits they don't even know about, including an average of \$900 per month up to half of them qualify for.

Please help with a contribution and/or contact [neil@KnowAVet.org](mailto:neil@KnowAVet.org) to join the team.

Click any text in this red box to donate. Even \$5-10 makes a big difference.

## Important VA Phone Numbers

Veterans Crisis Line (NEW July 16, 2022) .....988 +1

Veterans Crisis Line.....	<b>1-800-273-8255 + 1</b>
Bereavement Counseling .....	<b>1-202-461-6530</b>
Camp Lejeune Family Member Program .....	<b>1-866-372-1144</b>
Caregiver Stipend.....	<b>1-877-733-7927</b>
Civilian Health and Medical Program (CHAMPVA) ..	<b>1-800-733-8387</b>
Debt Management Center .....	<b>1-800-827-0648</b>
Education .....	<b>1-888-442-4551</b>
Foreign Medical Program.....	<b>1-303-331-7590</b>
Headstones and Markers .....	<b>1-800-697-6947</b>
Health Care .....	<b>1-877-222-8387</b>
Homeless Veterans .....	<b>1-877-424-3838</b>
Home Loans .....	<b>1-888-827-3702</b>
Life Insurance.....	<b>1-800-669-8477</b>
National Cemetery Scheduling Office .....	<b>1-800-535-1117</b>
Pension Management Center .....	<b>1-877-294-6380</b>
Presidential Memorial Certificate Program .....	<b>1-202-565-4964</b>
Spina Bifida Program.....	<b>1-888-820-1756</b>
Telecommunication Device for the Deaf (TDD) ....	<b>1-800-829-4833</b>
VA Benefits.....	<b>1-800-827-1000</b>
VA Combat Call Center.....	<b>1-877-927-8387</b>
Women Veterans .....	<b>1-877-222-8387</b>
White House Hotline.....	<b>1-855-948-2311</b>

And Don't forget "[Exposure Ed](#)" to see what you were exposed to from WWII to the present, what those exposures cause and what to do about them. Even for those who have already passed, and their families. [Click here for the link.](#)

## Please Help Someone You Care About



### Two Ways to Help A Friend

If you think any of these topics will be of help, please pass on this newsletter and encourage others to get [their own free subscription](#).

We are here for you so don't hesitate to suggest topics or tell us your preferences by emailing [Life@KnowAVet.org](mailto:Life@KnowAVet.org)

Remember the camaraderie in the service?

Isn't it good to know that we still have that with the KAV Facebook page.

[JOIN US on the KAV FACEBOOK Page](#)

Discuss anything you like, any time you like. Someone will certainly want to listen or answer any questions.



Call, [chat online](#), or text to 838255

VOLUNTEER

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