**Holiday Greeting |   
Veteran’s Day**

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# Focus on Veterans All 365 Days

# [Subject line] Focus on Veterans All 365 Days

“While there is an increased focus around Veterans Day on mental health challenges for our community, the work continues the other 364 days out of the year,” said Mike Erwin, veteran and executive director of Team Red, White and Blue.1

On this Veteran’s Day, take some time to thank the veterans in your life for their service and sacrifice. And if you served our country, we sincerely thank you for your service and sacrifice. Erwin encourages us all to focus on the mental health challenges of veterans all days of the year, not just on Veterans Day.

Erwin’s Team Red, White and Blue is a wellness community for veterans that seeks to enrich their lives through increased physical and mental health wellness because the organization believes “veterans’ best days are ahead.”2

“We are taught in the military to never ignore the challenges, rather we should stay positive and attack them, and that’s how we need to approach mental health,” Erwin said.1

One way to support veterans on Veterans Day is to support organizations that serve veterans, including organizations like Team Red, White and Blue.

No matter how you choose to support veterans on Veterans Day, ensure you make time to express your gratitude to the veterans in your life! They have put their lives on the line for our safety and freedom, and it’s important that we always remember and appreciate them for their service.

Sources:

1 <https://www.foxnews.com/opinion/mike-erwin-lets-make-sure-vets-have-the-mental-health-services-they-need>

2 <https://about.teamrwb.org/mission>

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