

New Missouri Buddy Check 22 Day Webpage will Launch on 11/19 to Help Prevent Suicide among Service Members, Veterans, and Their Families

The Missouri Governor's Challenge to Prevent Suicide among Service Members, Veterans, and their Families state team is launching a redesigned Missouri Buddy Check 22 Day webpage to help prevent suicides in the military community. It will also move from the Missouri Dept of Mental Health's website to the Missouri Governor's Challenge state team's website.

The redesigned webpage offers a wide range of short videos to explain how all Missourians can participate in a "Buddy Check." Missouri Governor Mike Kehoe shares what Missouri Buddy Check 22 Day is and how Missourians can be a part of it. Other videos include, How to Conduct a Meaningful Check In, Connecting to Care, Self-Care, Learning More About Preventing Suicide, and Identifying Your Stress Levels & How it Impacts What You Do.

For VFW posts that have Missouri Buddy Check 22 Day posters, the QR code will still work. We are redirecting online traffic from the old Buddy Check webpage to the new webpage.

On 11/19, please let your members know about the new Missouri Buddy Check webpage. Visit www.mogovchallenge.com and look for the Buddy Check tab. Reminder, this will not be live until 11/19 at 8am. For more information contact info@mogovchallenge.com.

Jon Sabala
Veterans Services Director
Missouri Department of Mental Health