

# FEELING OVERWHELMED? STRESSED OUT? NEED TO TALK?

Talk confidentially  
with a vet  
who's been there.

**1-888-82-BUDDY**  
(1-888-822-8339)

Everyone needs a little help now and then. For soldiers returning from deployment, adjusting to life at home can be tough. It can be difficult to ask for help, or to know where to go or who to talk to.

Fortunately, help is just a phone call away.

No one knows more about the issues facing a soldier — in combat or on the home front — than a fellow soldier. That's why the **Buddy-to-Buddy** program was developed—to train Michigan vets to help newly-returning soldiers adjust to life after active duty. From family concerns to financial struggles to emotional challenges, trained Buddy-to-Buddy volunteer vets are there to listen and to help returning soldiers access the community resources and care they need to ease the transition home.

**MICHIGAN VETS.  
STANDING SHOULDER TO SHOULDER.**

If you or a soldier you know needs help, call the Buddy-to-Buddy program at 1-888-82-BUDDY (822-8339). You'll be matched with a vet trained to help you find resources for mental health, substance abuse, financial benefits, educational, legal or job issues.



The **Buddy-to-Buddy** program was developed by a team from the Michigan Army National Guard, healthcare professionals from the University of Michigan and Michigan State University, and veteran advocates. **Buddy-to-Buddy** is part of the Michigan Army National Guard's *Road to Reintegration Program* which was developed to provide support to OIF/OEF Soldiers as they return to civilian life. **Buddy-to-Buddy** is sponsored in part by *Welcome Back Veterans*, an organization which raises awareness about the issues facing returning veterans, and supports programs and services for military service members and their families. *Welcome Back Veterans* is sponsored by Major League Baseball Charities and the McCormick Foundation. To learn more about the program, contact Jennifer DiFalco, Program Manager, at [difalco@umich.edu](mailto:difalco@umich.edu).