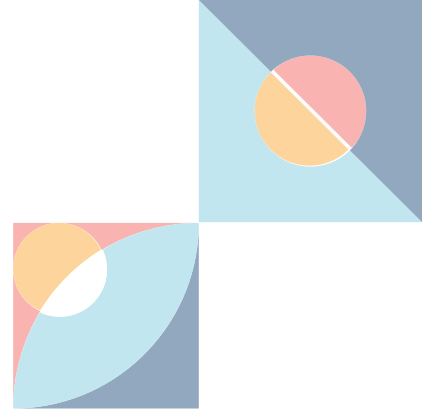


Calling Veterans of Color!



Tell Us Your Stories! Share Your Art!

Swords to Plowshares and the **SFVA** will hold a virtual Veterans Mental Health Summit on September 30, 2021. We ask veterans of color to share your stories or your art around our theme of “Reimagining Mental Health Care.” Participants of the Summit can listen to your stories and view your art during a segment called “Veteran Voices.”

Instructions to call in to share your stories:

1. Dial (415) 857-1978 and listen to the instructions.
2. Provide your name (or remain anonymous), as well as when you were in the military and your branch of service.
3. Then, provide your perspective as a veteran of color on any or all of the following:
 - **What would you like folks to know about getting support?**
 - **Describe a time that you felt most comfortable receiving mental health care. What made that experience stand out?**
 - **How would you improve your experience of receiving mental health care?**
4. When you're done, simply hang up.
5. If the recording hangs up on you after 3 minutes, then just call back and continue your message!

Instructions for submitting your art around our theme “Reimagining Mental Health Care:”

1. Email us a hi-res jpg or png file of your artwork, poetry, or other writing to **policy@stp-sf.org**. You can recite your own writing using the same call instruction, too.
2. Include your name (or remain anonymous) as well as when you were in the military and your branch of service.

We need your story and/or art by **September 23**.

Questions?

Email us at policy@stp-sf.org.

**** By recording your message and/or sending in your art, you consent to have your submission included in our VA Mental Health Summit and on the Swords to Plowshares website.**