

# Warren County Veterans Service Officer's Report for January 2019

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## 2019 VA Rates:

The 2019 VA rates saw a 2.8% increase based on the Cost-of-Living Adjustment (COLA) increase that was announced by the Social Security Administration.

## Veterans Crisis Line ~ Are you a Veteran in crisis or concerned about one?

Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves.

Call [1-800-273-8255](tel:1-800-273-8255) and Press 1

Text 838255

Support for deaf and hard of hearing [1-800-799-4889](tel:1-800-799-4889)

Chat [Connect online](#)

### This free support is

- Confidential
- Available every day, 24/7

### And serves

- All Veterans
- All Service members
- National Guard and Reserve
- Their family members and friends

## Find Support Near You

No matter what you are experiencing, there is support for getting your life back on track.

## What to Expect

A trained responder will answer your call, text, or chat and ask you a few questions. You can decide how much you want to share.

## What Are the Signs of Crisis?

Feeling anxious or alone and thinking about suicide are some of the signs that a Veteran may be in crisis.