

# My Pledge To Our Veterans

I pledge to treat our veterans with respect and care. Veterans risked their lives to keep our country safe. Many lived overseas, separated from their families. Some were traumatized by the violence of war. We need to show our appreciation for the protectors of our democracy. Without veterans, we would not be the United States.

One in every ten veterans has been seriously injured while serving in the military. Those injuries leave repercussions that require extra medical attention. I will support veterans' continuing to get low-cost or free health care benefits. Currently, there is a strong system of veteran hospitals. However, it can be a long drive for some people to get to these hospitals. I think we should ensure that hospitals are easily accessible and have care of the same quality as non-VA hospitals.

I believe veterans should get free mental healthcare. One in three veterans suffers from post-traumatic stress disorder (PTSD). Anxiety and depression are also common. These mental health issues can contribute to substance abuse disorders. PTSD can cause nightmares and traumas to replay. For some veterans who suffer from PTSD, it can be hard to maintain a job. Mentally healthy veterans can hold positions that help the economy.

I pledge to support access to education and work for veterans. The G.I. Bill allocates money to enable veterans to attend college or get job training. This program is important so veterans can maintain jobs and support their families. We should also provide veterans with access to job counselors and support job fairs for veterans.

I pledge to express gratitude to veterans. We should continue giving veterans benefits like free access to national parks, free fishing licenses, and discounts on hotels. Veterans have risked their lives to keep us safe. We should continue to honor veterans on Veterans Day to recognize the sacrifices that they have made. We must show veterans how much they mean to us and our country.