













Post Performance for **Vet Comp & Pen**

July 29, 2019 – February 28, 2020

Review the lifetime performance of the posts you published during the publishing period.














Published Posts

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Profile	Post by Published Date ▼	Impressions	Potential Reach	Video Views	Engagement Rate (per Impression)	Engagements	Likes	@Replies
	  <p>Tue 12/24/2019 12:04 pm EST Today we honor all those serving our great country this holiday season. Without your sacrifice and willingness</p> <p>CP Tweet by Chandler P.</p>	70	20	N/A	0%	0	0	0
	  <p>Thu 11/28/2019 3:03 pm EST Today, we want to recognize our active duty service members overseas. Without your sacrifice and</p> <p>LS Tweet by Loxley S.</p>	84	22	N/A	0%	0	0	0
	 <p>Mon 11/11/2019 12:32 pm EST Today, we honor all Veterans who served our great country. We can never thank you enough. Happy #VeteransDay. 🇺🇸 #VetCompandPen #VCP</p> <p> Retweet with Comment</p>	137	20	N/A	1.5%	2	2	0
	 <p>Sun 11/10/2019 3:17 pm EST Happy Birthday Marines! 🎉 #VetCompandPen #VCP #HBDMarines #HappyBirthdayMarines #marines #happybirthday #veterans</p> <p> Retweet with Comment</p>	113	19	N/A	5.3%	6	1	0














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	 Thu 10/10/2019 1:13 pm EDT That's 1 in 3 people in every room you walk into, every line you wait in at Starbucks, every isle at the grocery store. 🌐:  @Reply	214	17	N/A	0.9%	2	1	1
	 Thu 10/10/2019 1:13 pm EDT 31% of adults experience an Anxiety Disorder at some point in their life. What this means is that about 1 in 3 people have experienced some sort  @Reply	141	17	N/A	1.4%	2	1	1
	 Thu 10/10/2019 1:13 pm EDT This kind of anxiety is 100% normal. But when that anxiety doesn't go away and it ultimately gets worse over time, that's when it could be an Anxie  @Reply	143	17	N/A	1.4%	2	1	1
	  Thu 10/10/2019 1:13 pm EDT Feeling anxious before making a big decision, taking a big test... or when you're watching the last 30 seconds  Tweet	136	17	N/A	2.9%	4	3	1















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	  <p>Thu 10/10/2019 8:35 am EDT Normally, Veterans are told to "suck it up" or "deal with it", and on day four of Mental Health Awareness Week w</p> <p> Tweet</p>	166	17	N/A	0.6%	1	0	1
	 <p>Thu 10/10/2019 8:35 am EDT To do this we have to start a conversation in the Veteran community. So, show your brothers and sisters they are not alone, and a mental health w</p> <p> @Reply</p>	140	17	N/A	0%	0	0	0
	 <p>Wed 10/9/2019 4:20 pm EDT Depression is a serious mood disorder that needs to be taken seriously. It can cause severe symptoms that affect how you handle your every day activit</p> <p> @Reply</p>	191	17	N/A	0.5%	1	0	1
	 <p>Wed 10/9/2019 4:20 pm EDT If you have been feeling these symptoms for two weeks or more, you should talk to your doctor about a diagnosis for depression. 🌐:</p> <p> @Reply</p>	173	17	N/A	0%	0	0	0







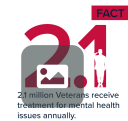







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	  <p>Wed 10/9/2019 4:20 pm EDT</p> <p>It's normal to feel sad or a little low about things in your life every once in a while. Like you've been running no</p> <p> Tweet</p>	230	17	N/A	0.4%	1	0	1
	 <p>Wed 10/9/2019 3:22 pm EDT</p> <p>To do this we have to start a conversation in the Veteran community. So, show your brothers and sisters they are not alone, and start a conversati</p> <p> @Reply</p>	143	17	N/A	0%	0	0	0
	  <p>Wed 10/9/2019 3:21 pm EDT</p> <p>Normally, Veterans are told to "suck it up" or "deal with it", and on day two of Mental Health Awareness Week w</p> <p> Tweet</p>	191	17	N/A	1%	2	0	1
	 <p>Tue 10/8/2019 9:09 am EDT</p> <p>That all starts by opening the door to conversation. We encourage you to talk to your loved ones this week about mental health, check in and start a</p> <p> @Reply</p>	204	17	N/A	0%	0	0	0














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	  <p>Tue 10/8/2019 9:09 am EDT</p> <p>But when we look deeper into the Veteran community we find that only 50 percent of the Veterans who need</p> <p> @Reply</p>	207	17	N/A	0.5%	1	0	1
	  <p>Tue 10/8/2019 9:09 am EDT</p> <p>2.1 million Veterans receive treatment for mental health issues annually. When it comes to ending the stigma</p> <p> Tweet</p>	228	17	N/A	0.4%	1	0	1
	 <p>Mon 10/7/2019 2:55 pm EDT</p> <p>This means that every time you walk into a room one in every five people you walk by is maybe just as anxious, just as depressed, just as human as</p> <p> @Reply</p>	243	17	N/A	0.4%	1	0	1
	 <p>Mon 10/7/2019 2:55 pm EDT</p> <p>Help us end the stigma this week and start talking about mental health in the Veteran community. It's OK to not be OK. 🌐:</p> <p> @Reply</p>	226	17	N/A	0%	0	0	0















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	  <p>Mon 10/7/2019 2:55 pm EDT</p> <p>Sometimes our tanks are stuck on empty and our mental health can make life a little overwhelming. Goo</p> <p> Tweet</p>	331	17	N/A	0.6%	2	1	1
	 <p>Mon 10/7/2019 12:22 pm EDT</p> <p>This is Mental Health Awareness Week, so join us on our journey to end the stigma around Veteran mental health and let's start a conversation. 🇺🇸</p> <p> @Reply</p>	235	17	N/A	0.9%	2	0	0
	 <p>Mon 10/7/2019 12:22 pm EDT</p> <p>We're going to be talking about four topics that seem to follow the Veteran community like a dark cloud, but that no one really likes to talk about: 🌧️</p> <p> @Reply</p>	201	17	N/A	0.5%	1	0	1
	 <p>Mon 10/7/2019 12:22 pm EDT</p> <p>We can do that by starting a conversation, so this week that is exactly what we're going to be doing. #VetCompandPen</p> <p> @Reply</p>	179	17	N/A	0.6%	1	0	1














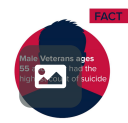

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	  <p>Mon 10/7/2019 12:22 pm EDT Mental Health isn't the easiest thing to talk about, especially in the Veteran community. But here we are, a</p> <p> Tweet</p>	178	17	N/A	0.6%	1	0	1
	 <p>Tue 10/1/2019 1:23 pm EDT -BREAKING- Due to a Software issue Veteran benefits may be delayed up to two days. Please read the attached thread from @VAVetBenefits</p> <p> Retweet with Comment</p>	141	15	N/A	0%	0	0	0
	  <p>Sun 9/29/2019 6:40 pm EDT Gold Star Mothers earn a distinction that no one wishes to have, but that they wear proudly. Today we honor</p> <p> Tweet by Chandler P.</p>	40	15	N/A	0%	0	0	0
	 <p>Fri 9/20/2019 2:28 pm EDT Today, we honor the Americans who gave everything for their country. Until the last one comes home... #POWMIARecognitionDay</p> <p> Retweet with Comment</p>	180	14	N/A	0%	0	0	0














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	 <p>Wed 9/18/2019 9:32 am EDT Happy Birthday @usairforce! 🎂🇺🇸 #VetCVetCompandPenP VCPAFUSAFppHappyBirthdayrmAirmenloPile</p> <p> Retweet with Comment</p>	81	13	N/A	0%	0	0	0
	  <p>Sat 9/14/2019 4:19 pm EDT Before we go it's always important we leave you with our final warning. PLEASE keep all of these things in</p> <p> Tweet by Chandler P.</p>	72	11	N/A	1.4%	1	0	0
	  <p>Sat 9/14/2019 12:39 pm EDT Before we go it's always important we leave you with our final warning. PLEASE keep all of these things in</p> <p> Tweet by Chandler P.</p>	N/A	11	N/A	N/A	N/A	N/A	N/A
	  <p>Fri 9/13/2019 3:06 pm EDT All week we've had one mission: start a conversation within the Veteran community about suicide prevention</p> <p> Tweet by Chandler P.</p>	72	11	N/A	1.4%	1	0	0















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	 Fri 9/13/2019 11:18 am EDT #BeThe1To #BeThere #VetCompandPen #VCP #VeteranSuicideAwareness #VeteranSuicidePrevention  @Reply	65	27	N/A	3.1%	2	1	0
	 Fri 9/13/2019 11:17 am EDT Last but certainly not least the E in SAVE is for Encouraging and Empowering the Veteran to seek help. There are so many FREE resources available  @Reply	42	11	N/A	2.4%	1	0	1
	 Fri 9/13/2019 11:17 am EDT The Veteran Crisis Hotline being the first in a long line that is available 24/7/365 for calls, texts and online chat. Being able to reassure him or her tha  @Reply	72	11	N/A	2.8%	2	0	1
	  Fri 9/13/2019 11:16 am EDT Today is the last day of National Suicide Prevention Week and from everyone here at Vet Comp & Pen w  Tweet	78	11	N/A	1.3%	1	0	1














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	 <p>Thu 9/12/2019 11:25 am EDT</p> <p>The V in SAVE stands for Validate the Veterans feelings because this is a battle the Veteran has been facing every day for some time. Let them</p> <p> @Reply</p>	57	11	N/A	0%	0	0	0
	  <p>Thu 9/12/2019 11:25 am EDT</p> <p>This week is National Suicide Prevention Week and it's all about starting a conversation. Validating th</p> <p> Tweet</p>	58	11	N/A	3.4%	2	0	1
	 <p>Wed 9/11/2019 3:01 pm EDT</p> <p>Myth or Fact Asking someone about suicidal thoughts or plans may lead someone to take their life.</p> <p> Tweet</p>	53	11	N/A	0%	0	0	0
	  <p>Wed 9/11/2019 1:52 pm EDT</p> <p>If you or someone you love is feeling low or needing someone to talk to please reach out to the Veteran Crisis</p> <p> Tweet by Chandler P.</p>	68	11	N/A	0%	0	0	0






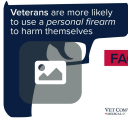






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	 Wed 9/11/2019 12:18 pm EDT 90% of people do not substitute one method for another if they survive a suicidal crisis. #VetCompandPen #VCP  @Reply	66	11	N/A	1.5%	1	0	1
	 Wed 9/11/2019 12:18 pm EDT This means is that 90% of people do not go on to die by suicide if their first attempt does not result in death. #VetCompandPen #VCP  @Reply	70	11	N/A	0%	0	0	0
	 Wed 9/11/2019 12:18 pm EDT The answer is... False! #VetCompandPen #VCP #NationalSuicidePreventionWeek #SuicidePreventionWeek  @Reply	61	11	N/A	1.6%	1	0	1
	  Wed 9/11/2019 12:12 pm EDT This week is National Suicide Prevention Week and it's all about starting a conversation. Some times  Tweet by Chandler P.	71	11	N/A	1.4%	1	0	0















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	  <p>Wed 9/11/2019 10:30 am EDT</p> <p>There are things in this world more important than ourselves. Today we take a minute to remember the</p> <p>CP Tweet by Chandler P.</p>	142	11	N/A	0%	0	0	0
	  <p>Tue 9/10/2019 5:43 pm EDT</p> <p>Our big theme this week is starting a conversation, to do that we have to talk about some Big Facts. Did you</p> <p>CP Tweet by Chandler P.</p>	63	11	N/A	0%	0	0	0
	 <p>Tue 9/10/2019 2:12 pm EDT</p> <p>If someone wants to commit suicide they will find a way to do it.</p> <p> Tweet</p>	66	10	N/A	3%	2	0	1
	  <p>Tue 9/10/2019 11:09 am EDT</p> <p>This week is National Suicide Prevention Week and it's all about starting a conversation. An easy way</p> <p>CP Tweet by Chandler P.</p>	226	556	N/A	0.9%	2	1	0











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	  <p>Mon 9/9/2019 12:54 pm EDT</p> <p>Over 20 Veterans commit suicide daily... This crazy number means that Veterans make up 18% of the suicide rate.</p> <p>CP Tweet by Chandler P.</p>	76	10	N/A	0%	0	0	0
	  <p>Mon 9/9/2019 11:57 am EDT</p> <p>#VeteranCrisisHotline #BeThe1To #BeThere #NationalSuicidePreventionWeek</p> <p> @Reply</p>	76	10	N/A	0%	0	0	0
	 <p>Mon 9/9/2019 11:50 am EDT</p> <p>If you ever find yourself in a situation where you or a loved one are having thoughts of suicide please reach out to the Veteran Crisis Hotline. They are</p> <p> @Reply</p>	79	10	N/A	1.3%	1	0	1
	  <p>Mon 9/9/2019 11:50 am EDT</p> <p>Today is the beginning of National Suicide Prevention Week. This week we're going to dive into Veteran</p> <p> Tweet</p>	152	310	N/A	2.6%	4	1	1



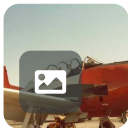










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	  <p>Mon 9/9/2019 11:48 am EDT Today is the beginning of National Suicide Prevention Week. This week we're going to dive into Veteran</p> <p>CP Tweet by Chandler P.</p>	N/A	10	N/A	N/A	N/A	N/A	N/A
	  <p>Fri 8/30/2019 2:45 pm EDT We want to give a HUGE thank you to Marine Corps and Army Reserves Veteran Carlos for taking time out of</p> <p>CP Tweet by Chandler P.</p>	31	10	N/A	0%	0	0	0
	  <p>Tue 8/27/2019 5:38 pm EDT In just 6 short days, 71 yr-old Air Force Veteran, William Shuttleworth, will complete his 7 month walk from</p> <p>CP Tweet by Chandler P.</p>	87	11	N/A	3.4%	3	0	0
	 <p>Wed 8/21/2019 8:10 pm EDT -BREAKING- President Donald Trump signs an executive order automatically forgiving the student loan debt for all the Veterans who are totally and</p> <p>CP Tweet by Chandler P.</p>	104	8	N/A	1%	1	0	0









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	  <p>Mon 8/19/2019 5:07 pm EDT Aviation is proof that given, the will, we have the capacity to achieve the impossible.✈️ -Eddie Rickenbacker 🇺🇸</p> <p> Tweet by Chandler P.</p>	76	8	N/A	2.6%	2	0	0
	 <p>Fri 8/16/2019 2:56 pm EDT It's #NationalAirborneDay. Today we celebrate all of our warriors who drop from the sky. #VetCompandPen #VCP #Veterans #Vetera</p> <p> Retweet with Comment</p>	103	8	N/A	1%	1	0	1
	 <p>Fri 8/9/2019 9:54 am EDT Couple from Pennsylvania hope their new car purchase will bring hope to Veterans. Husband and wife duo offer to drive local Vets to the doctor fre</p> <p> Retweet with Comment</p>	125	2	N/A	0.8%	1	1	0
	 <p>Wed 8/7/2019 8:53 am EDT @USMC We couldn't have said it better. #VetCompandPen #VCP #PurpleHeartDay #Veterans #Vets #VetsHelpingVets #Vetera</p> <p> Retweet with Comment</p>	51	N/A	N/A	7.8%	4	2	0

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	  <div>Mon 8/5/2019 2:49 pm EDT Jeff Minder, Air Force Vet & owner of Top Tier K9 believes that service dogs, for Vets with PTSD, can almost</div> <div> Tweet by Chandler P.</div>	N/A	0	N/A	N/A	N/A	N/A	N/A
	  <div>Sun 8/4/2019 7:24 pm EDT Honor, respect and devotion to duty. Happy 229th birthday to the U.S. Coast Guard! Thank you to the brave</div> <div> Tweet by Chandler P.</div>	N/A	0	N/A	N/A	N/A	N/A	N/A