

Patriot Outreach (<http://www.patriotoutreach.org/>)

Combating suicide and getting help to our Warriors is critical. Please note the attached letter from Amber, an injured soldier. How many tell signs of suicide are present? (She felt unloved, unappreciated, no hope, no purpose, a burden, and the pain). The Patriot Outreach's "*Coping Strategies*" CD made the difference. Sadly, not only are active duty military suicide are up, the Department of Veteran Affairs, said an average of 23 veterans commit suicide EVERY DAY.

Coping Strategies provides simple, effective, non-intrusive support, and was designed to bridge the gap between those who seek help and the silent majority who avoid the stigma. Patriot Outreach is a (501 (c)(3) tax-exempt) non-profit foundation. Over 95,000 CD's and 41,000 downloads have been provided. Most notable bulk requests - 82nd Airborne Division (5,000), the 91st Division (3,000), and Ft Hood (3,500), Joint Task Force Headquarters (1,500), USO (1,000), and the VFW (8,000).

- From the Battlefield, "When I returned from Afghanistan last year to a divorce your CD is what helped me through it, there are soldiers in my unit that need to learn better coping skills." SSG K.M., Infantry, message to Patriot Outreach in requesting additional CD's
- Army, Chief of Chaplains, Patriot Outreach is a "...great resource for our Soldiers. The good thing about such a tool is that it helps our Soldiers to begin thinking about seeking counsel for any self-destructive thoughts or behaviors."
- Walter Reed, Patriot Outreach *Coping Strategies* CD, "I have rendered a positive opinion to TSG (The Surgeon General)." Colonel (Dr.), Chief of Psychiatry
- National Guard, "Sir, Thank you for your significant contribution to the health of our Troops." MED OPS Branch Chief
- USAR, Homeward Bound, Ft Hood, "...our Social Workers were thrilled to have the resource (Coping Strategies). Chaplain (LTC) Brunk
- Washington Veterans Affairs, "This Audio is Great! I had previously attained 100 copies; I have over 200 Vets that I provide service through contracts with the Fed Vet Center and the xxVA. I did give a few to my clinical colleagues who also appreciated the quality. I would appreciate about 100 more for the VN and Iraq/Afg and other Vets in need of bibliotherapy like this awesome audio. Dr. R.V.
- Government Combat Trauma Therapist, "I have given your disc (Coping Strategies) to many veterans who find great benefit – I believe it is one of the best disc in production." LJ R, BSW, MSW
- Doctor's Office "I heard about this CD from my psychologist who has been treating me for PTSD." Airman Second Class T.C.
- Salvation Army (SA) Corps Officer to the Territorial Secretary for Programs seeking a partnership with Patriot Outreach on a "territorial or national level."

SA Major Martsolf, said, Patriot Outreach has "developed a powerful little tool to help soldiers who are returning from the war to help them with 'Coping Strategies.'"