



Patriot Outreach®

FROM PATRIOTS WHO HAVE BENEFITED



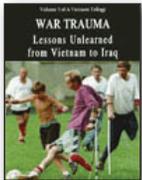
Guidelines for Vets' Families



Sound Off



Combat Stress



War Trauma



Life Line Resources

"Thank you so much for your efforts and generosity. I wish that my wife and I had this the first time that I deployed. We have both struggled with stress. God Bless You!"

– 1LT P.H., US Army

"This is the basic training for the mind."

– PFC J. Oehring, US Army Infantry, Deployed to Iraq

"I have been listening to your CD for five days and it is completely changing me ... I have been struggling for so long ... I feel so liberated ... I am not resentful for my husband leaving again (returning to Iraq)."

– Janie, Wife of Deployed Warrior

"On the third try, all hell broke loose and it was an epiphany ... It energizes me and it gives me strength ... I am ready and proud."

– Mike, US Marine Corps, Deployed to Iraq

"Thank you, it saved my life! The peace and joy I now enjoy makes life worthwhile!"

– SGT J. Shiposki, US Marine Corps (Homebound Quadriplegic)

"I received my CD and I love it. I would very much like to request 30 more for use at the VA Clinic and to provide to soldiers and their families. This is a wonderful resource! Thank you."

– T.P., Addiction Therapist, VA Clinic

"The Be Still and Know Exercise works for me. It calms my soul, enhances my thinking, and improves my emotional regulation. I am thankful to be a more resilient chaplain."

– Chaplain (LTC), US Army (Southern Baptist)



www.PatriotOutreach.org | <http://patriotoutreach.webs.com> | info@patriotoutreach.org
 (main website) (volunteer website)

Combating suicide and getting help to our Warriors is critical. Patriot Outreach 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. We are a 501(c)(3) tax-exempt non-profit foundation. Over 95,000 Coping Strategies CDs and 61,000 downloads have been provided. Most notable bulk requests — 82nd Airborne Division (5,000), the 91st Division (3,000), Ft. Hood (3,500), Joint Task Force Headquarters (1,500), USO (1,000), and the VFW (8,000). Sadly, not only are active duty military suicides up, the Department of Veteran Affairs said an average of 18 Veterans commit suicide EVERY DAY.