

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Wounded Warrior Project Mental Health Support Line Helps Local Veteran

RICHMOND, Va., March 15, 2017 /[PRNewswire-USNewswire](#)/ -- Having recently hit a huge milestone of serving more than 100,000 combat warriors – in addition to their families and caregivers – Wounded Warrior Project® (WWP) fully launched one of its highly popular pilot programs. [WWP Talk](#) is a 24-hour mental health support line that is an invaluable, non-clinical form of emotional support for warriors, family members, and caregivers. The program has been a lifeline to more than 2,500 participants to date, with 92 percent reporting satisfaction with WWP Talk in 2016 alone.

"We are seeing veterans becoming increasingly isolated when society lacks the awareness and resources to help them cope with their injuries and transition to the civilian world," said Ryan Kules, WWP mental health director. "What wounded warriors desperately need is one person to show a willingness to really listen and understand how the pain feels for them. This is why WWP Talk is crucial – and why it's been so successful."

Each week, participants speak with the same helpline support member, developing an ongoing relationship and a safe, non-judgmental outlet to share thoughts, feelings, and experiences. WWP's professionally trained staff help warriors build resilience, develop coping skills, and achieve goals to improve overall quality of health.

"We are a proud people," said Terrie Rigby, U.S. Army wounded warrior and Richmond, Virginia, resident. "When we reach out for help, sometimes we don't even know what that means – or what we need. I just knew I needed help. As a veteran, I felt lost. As a wife and daughter of military soldiers, I watched the men in my life – who I love and know so well – become strangers to me and one another. The Talk program gives me a safe, non-judgmental forum to find my footing. After six years, I know the future is bright."

Through the generous support of donors, the mental health support line is available at no cost to warriors, family members, and caregivers registered with WWP. It serves as a stepping stone in the recovery process for many of them.

To learn and see more about how WWP connects, serves, and empowers wounded warriors, visit <http://newsroom.woundedwarriorproject.org/>, and click on multimedia.

### **About Wounded Warrior Project**

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at

<http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

For further information: Vesta M. Anderson - Public Relations Specialist,  
vanderson@woundedwarriorproject.org, 904.570.0771

---

Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-03-15-Wounded-Warrior-Project-Mental-Health-Support-Line-Helps-Local-Veteran>