

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

## Wounded Warrior Project Launches Mental Health Support Line

RALEIGH, N.C., March 16, 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 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.

"This program is crucial for warriors who are returning home from military service with injuries," said Ryan Kules, WWP mental health director. "Warriors need to know they are not alone and not forgotten – that we, as a nation, will continue to be here for their recoveries long after their military service ends. For many warriors, they just need a safe environment and someone they can trust to listen to their successes and worries, and who can be there for them consistently to provide that first step in connecting to life and regaining a sense of empowerment."

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.

"Talk is the best program for those who can't leave the house – for whatever reason," said Athena Cook, U.S. Army Reserve veteran and resident of Raleigh, North Carolina. "No matter where you are physically or mentally, the Talk support staff are there to lend an understanding and encouraging ear. Having that regularly scheduled call this past year has been the best part of my recovery."

Through the generous support of donors, the mental health support line is free to warriors, family members, and caregivers registered with WWP. For many, it serves as a stepping stone in the recovery process.

"I couldn't imagine where I would be without Wounded Warrior Project or the Talk program," Athena said.

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<sup>®</sup> (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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

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