

Wounded Warrior Project Offers Multi-day Mental Health Workshops for Warriors

JACKSONVILLE, Fla., April 19, 2017 /PRNewswire-USNewswire/ -- Wounded Warrior Project® (WWP) offers intense [multi-day mental health workshops](#) for veterans coping with post-traumatic stress disorder (PTSD). These help warriors and their families maintain healthy, meaningful relationships while pursuing life goals – free from the stigmas associated with mental health issues.

"Combat takes a lot from veterans, but with the Wounded Warrior Project workshop, I've learned coping skills for everyday situations to help me be whole again," said John Bates, retired U.S. Army veteran. "WWP has given me more than I could have imagined in a short timeframe."

Combat veterans who attend WWP mental health workshops have typically been isolated. The event is often the first time they become active with their peers and communities.

"They feel alone and crazy for their feelings, thinking no one understands them," said Michael Richardson, WWP independence services and mental health vice president. "The thing that impacts warriors the most is being around other veterans who are experiencing the same symptoms and challenges associated with [combat stress and PTSD](#)."

The workshops – offered as all-male, all-female, or all-couples – are powerful, outdoor rehabilitative gatherings to encourage connections with nature, peers, mentors, and trained counselors.

"When the attendees start opening up with one another, that's when the workshop is the most powerful," Michael said. "They begin to share their stories of struggles and success. It not only builds a bond between kindred spirits, it also reminds them they are not alone in their recovery and there are resources available for those who seek help."

Using experiential learning, participants can process PTSD experiences with a goal of improving everyday functionality in their lives. During workshops, warriors often set goals for recovery and are later held accountable for meeting them.


"This is a life-changing event," said Tyric Jackson, U.S. Army wounded warrior. "It helps you understand yourself and others around you. You become calmer and ready to take on the more difficult steps toward recovery. I think every warrior coping with PTSD can benefit from this program."

To learn and see more about how WWP's mental health workshops connect, serve, and empower 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>.

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

<https://newsroom.woundedwarriorproject.org/2017-04-19-Wounded-Warrior-Project-Offers-Multi-day-Mental-Health-Workshops-for-Warriors>