

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

## Warrior Regains His Family with Help from Veterans Charity **Wounded Warrior Project Recognizing 15 Years of Impact**

TALLAHASSEE, Fla., July 5, 2018 [/PRNewswire-USNewswire/](#) -- Bill Geiger credits Wounded Warrior Project® (WWP) with helping save his family. The military police officer's reactions to post-traumatic stress and other issues from multiple deployments created a chasm in his home life.

"Life changed quite drastically," Bill said. "I was just angry, depressed, anxious, just the whole spectrum of the emotions. In my mind, I was somewhat OK; I didn't mind being that angry."

But his wife and children saw that anger differently.

"It wasn't until I found out how badly those emotions were affecting my family that I realized something was wrong."

Bill's struggles with post-traumatic stress disorder (PTSD) started after he deployed to Guantanamo Bay, Cuba, to help interrogate captives who meant Americans harm.

"I can't say it changed a ton after my first deployment because no one was ever there to explain this is what is happening to you. You just feel off.

"It wasn't until I got home after my second deployment that things started to unravel, and I had to figure out what it was."

Then a friend mentioned WWP, and Bill learned about Warrior Care Network®. The innovative approach by WWP and four partner academic medical centers delivers more than 70 hours of clinical mental health care in two- to three-week sessions free of charge.

Bill experienced the challenges that come with intense mental health care, reliving the traumas he buried more than a decade ago. Mindfulness programs including meditation, yoga, and tai chi helped him center himself each night.

"It means a new life – by that, I am still the same person, I still struggle, but I have so many more tools and support. I know I can call on somebody if I need to talk.

"It's a whole-person, whole-family approach to deal with life while still living with the invisible wounds of war.

"I would implore anybody who needs assistance to step out and say 'I need help.' The help is endless – you have to be willing to look for it, then accept it when it comes."

Learn more at <https://www.linkedin.com/pulse/warrior-regains-his-family-help-from-veterans-charity-project/?published=t>.

### **About Wounded Warrior Project**

Since 2003, Wounded Warrior Project<sup>®</sup> (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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

<https://newsroom.woundedwarriorproject.org/2018-07-05-Warrior-Regains-His-Family-with-Help-from-Veterans-Charity>