

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

Warrior Gains New Life With Help From Veterans Charity

Wounded Warrior Project Recognizing 15 Years of Serving Those Who Sacrificed

PHOENIX, Aug. 10, 2018 /[PRNewswire](#)/ -- When Army veteran Frank Sonntag first experienced an explosion while serving in Iraq, he did not know the extent of his injuries. He was serving in his second stint in the Army.

"It was a small blast, a lot of smoke."

Frank didn't think much of the incident because of the distance, but he realized he ignored warning signs.

"It made me sick to my stomach – a shockwave had hit the side of my face.

"I was having headaches sporadically that turned into ones of 57 to 65 days at a time. I had to change my sleep patterns because of my head injury and PTSD."

Frank reached out for help because of continuous nightmares, headaches, and memory loss. He received concentrated treatment for two years.

Near the end of that care, Frank learned about Wounded Warrior Project® (WWP) – and WWP's Benefits Service.

"They came to me; the benefits team told me to contact them at any time and they would walk me through the steps to process my paperwork for my VA benefits."

Although Frank got a medical discharge from the military, he still had to navigate government systems to establish a VA disability rating.

The process initially seemed daunting for Frank.

"I can't think properly, and I have no idea how I would have gone through the paperwork at the VA to get the disability rating that I should have expected for the injuries I had. A Wounded Warrior Project benefits team member found me, talked to me, helped me with the process."

WWP Benefits Service teammates work closely with warriors to document their injuries and ensure all necessary paperwork is prepared before filing a claim. That has led to a 95 percent success rate for WWP benefits claims.

"I found out through Wounded Warrior Project that my life could be whole again and I could have a new life after the military."

Read more of Frank's story at <https://www.linkedin.com/pulse/warrior-gains-new-life-help-from-veterans-charity-project/?published=t>

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (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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<https://newsroom.woundedwarriorproject.org/2018-08-10-Warrior-Gains-New-Life-With-Help-From-Veterans-Charity>