

Veteran Recovers Optimism Through Mental Health Telephone Support Program

AUBURN, N.Y., Nov. 9, 2018 /PRNewswire/ -- Veteran Eric Haynes remembers July 4th, 2007 like it was yesterday. He was honorably discharged from the United States Army and was looking forward to celebrating Independence Day with family and friends. Eric and his family laid out blankets at the local park and waited for the fireworks to start – however a different series of explosions was waiting to erupt.

As Eric watched his eldest daughter jump around and laugh with a friend, something triggered inside him, and what transpired next would take him more than a decade to repair.

"I just went off on her," said Eric. "I screamed and yelled, became angry and aggressive. It caused a huge scene, and my daughter was terrified. I have no idea why I went into a rage. This one event ruined the health of my family's life for a long time."

It was one of the moments he shared first when he agreed to take advantage of Wounded Warrior Project® (WWP) and its [WWP Talk program](#) – a free mental health telephone support line that provides a safe, non-judgmental environment for warriors to connect with trained staff members.

"Over the next few months, we spoke at great length about my life and military experiences," said Eric. "I shared things that only a few people know. Being able to share difficult thoughts and experiences was life-changing and talking about them openly filled me with a strength that I hadn't felt in a very long time."

Before that first phone call, he felt he was deteriorating. He secluded himself, rarely went out, and harbored thoughts of suicide on more than one occasion.

Now, that is a thing of the past.

"Wounded Warrior Project has shown me how to live again," said Eric. "I wake up in the mornings knowing I have a purpose in life and that each day is an opportunity to make a positive difference in my life and in the lives of those I love."

Read Eric's full story here: <https://www.linkedin.com/pulse/veteran-recovers-strength-optimism-through-mental-health-project>.

To learn more about how WWP is giving every warrior a positive future to look forward to, visit <https://www.woundedwarriorproject.org/programs/wwp-talk>.

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 how we provide [ptsd treatment for veterans](#)

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

<https://newsroom.woundedwarriorproject.org/2018-11-09-Veteran-Recovers-Optimism-Through-Mental-Health-Telephone-Support-Program>