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

Wounded Warrior Project Helping Communities Prevent Suicide

JACKSONVILLE, Fla., Sept. 5, 2019 /PRNewswire/ -- It is estimated 20 veterans die by suicide every day across the nation. To help reduce veteran suicide, Wounded Warrior Project® (WWP) is working with local communities to train individuals for

possible interventions.

When a veteran reaches the point of considering suicide, it is important to have help nearby.

Army veteran Ryan Schmidt took the training last September. Dealing with death of fellow service members motivated him to

prepare.

"I have had a lot of experience with suicide because we lost several of my boys in the Army to suicide," Ryan said.

He has already put the lessons he learned to use, after talking to someone at a recent wedding. Ryan used his training to

identify the despair and suicidal thoughts.

"I was able to get to a point where I felt that he was safe. It was terrifying. Incredible. But a life was saved that night, and I owe it

to that class."

The two-day training teaches trainees to recognize when someone is having thoughts of suicide and carry out a life-saving

intervention. This includes understanding the person's situation, ensuring their immediate safety, and then pulling in other

resources—such as family members and mental health professionals—to build an effective safety plan going forward.

"LivingWorks is committed to supporting our Veterans and helping them stay safe," said LivingWorks PresidentRick Trimp, a

former US Navy corpsman. "By partnering with leading Veterans Service Organizations, we are honored to be making these

life-saving skills available to more and more communities."

WWP is partnering with LivingWorks, Team Rubicon, and local organizations to offer the free training to individuals who can

then get veterans the help they may need.

WWP is hosting the training at more than 15 locations throughout the countrySept. 5-6. For individuals like Ryan, they find

immediate value.

"The skills I learned over those two days have equipped me with the ability to save lives. I feel so much more ready to help

those who are hurting."

Learn how to support WWP's efforts tosave lives and improve the futures of warriors.

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.

SOURCE Wounded Warrior Project

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 $\underline{https://newsroom.woundedwarriorproject.org/2019-09-05-Wounded-Warrior-Project-Helping-Communities-Prevent-Suicide}$