



September is National Suicide Prevention Month and we at Emory Healthcare Veterans Program (EHVP) remain steadfast in our commitment to end the stigma of mental health issues and help warriors struggling with invisible wounds such as PTSD, traumatic brain injury, anxiety and depression.

It is okay not to be okay. Treatment works, and we are here for you when you are ready.

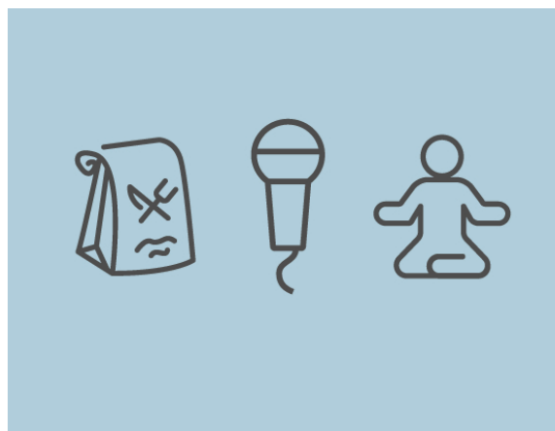
[Request an Appointment](#)



We Got Your Six Toolkit

These are challenging times for everyone. To help, we have created content to keep you and your family both mentally and physically healthy during this difficult time.

Our toolkit contains guides for practicing mindfulness, creating and keeping a schedule, and getting comfortable with personal protection equipment, among other topics.



Virtual Meetups

Just because we are physically distant does not mean we are alone. Stay socially connected with other warriors through our virtual meetups. If you are a current participant or graduate of the EHVP Intensive Outpatient Program (either in-person or remote), join other program graduates and our Veteran Outreach Coordinators for a virtual lunch each Wednesday.

[Access the Toolkit](#)

All are welcome to participate in our monthly Mind & Body and Open Mic Night events. If you would like to share your talent at our Open Mic Night, email us at veteransprogram@emoryhealthcare.org to request a time slot.

[View Meetups](#)



Free, Confidential Treatment Now Available at Home

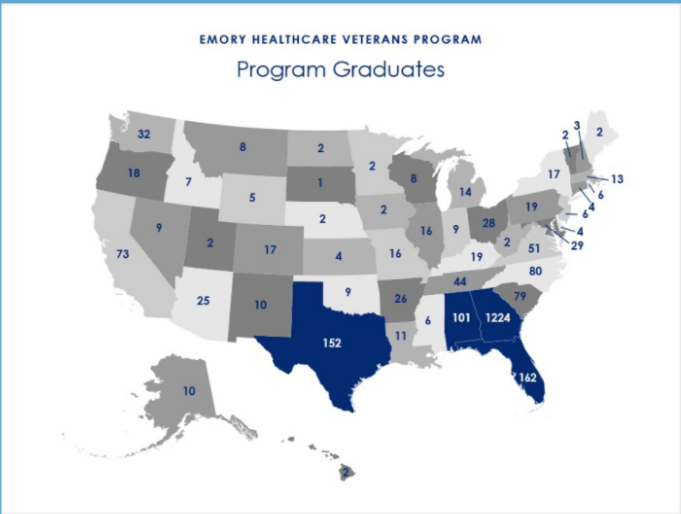
In response to the COVID-19 pandemic, we worked quickly to transition our in-person Intensive Outpatient Program (IOP) to a virtual setting. The telehealth IOP replicates the key components of the in-person IOP, in which warriors receive therapy in both individual and group formats, participate in wellness coaching, work with a case manager and even do yoga.

“I felt comfortable being able to complete the program at home. The ease of the internet and being in my own space motivated me to complete the treatment,” said Derix, a graduate of the telehealth program.

[Read Derix's Story](#)

By the Numbers

EHVP's 5th anniversary is this November and we are proud to announce that we have served over 2,461 warriors from all 50 states.





Clinical Corner

The Department of Defense reported 20,500 incidents of "unwanted sexual contact" based on a survey of men and women in the military in 2018. This is an increase of almost 38% from the previous report in 2016.

Warriors who have experienced military sexual trauma (MST) may struggle with invisible wounds such as PTSD, anxiety, or depression. MST survivors also face several barriers when accessing mental health care such as stigma, shame, fear of retaliation, social isolation, and lack of evidence-based PTSD treatment both within the VA medical centers and civilian care.

EHVP clinicians have recently completed a feasibility study to examine the use of Virtual Reality Exposure (VRE) therapy during treatment for MST-related PTSD. The study found that virtual reality is a promising resource for increasing access to mental health care for warriors with highly personal and sensitive traumas.

[Read More](#)

Executive Advisor Shares How EHVP Heals Invisible Wounds

Our Executive Advisor, Lieutenant General (ret.) William "Burke" Garrett III, spoke with members of the Anxiety and Depression Association of America about healing invisible wounds. Watch the video to learn more about how Emory Healthcare Veterans Program provides free, confidential treatment for post-9/11 warriors.



[Watch Video](#)



EHVP Graduate and



Watch Video

WWP's Mike Richardson's Message to Warriors Struggling with PTSD

In honor of PTSD Awareness Month, Sam Hargrove, EHVP Graduate, and Mike Richardson, Lt. Col. (Ret.) and WWP Vice President of Independence Services and Mental Health, hosted interviews with several news outlets to get the word out about the Warrior Care Network.



101 W Ponce de Leon Ave, Decatur, GA 30030
Copyright © 2020, Emory Healthcare All rights reserved.
[Unsubscribe](#) | [Manage Subscriptions](#) | [Forward to a Friend](#)