



# Patriot Outreach®

*“Victory Over Stress® For All Who Serve”*



Patriot Outreach® provides simple, effective, non-intrusive support as we work to bridge the gap between those who seek help and the silent majority who avoid the stigma. We also assist in distributing important news, updates, and government reports affecting the health and well being of our nation’s warriors and patriots.

Over 115,000 *Coping Strategies* CDs and 65,000 downloads have been provided. The most notable bulk requests are the 82nd Airborne Division (5,000), the 91st Division (3,000), Ft. Hood (3,500), Joint Task Force Headquarters (1,500), USO (1,000), and the VFW (8,000).

We, who they serve, need to reach out with education, training and therapy to help them come all the way home. ***Help us get the word out!***

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## SPONSORS AND SUPPORTERS

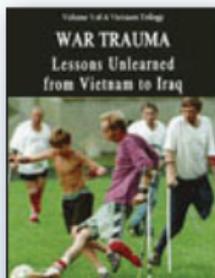


# www.PatriotOutreach.org

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## SELF-HELP RESOURCES

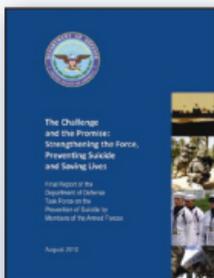
Go to [www.PatriotOutreach.org](http://www.PatriotOutreach.org) for additional resources



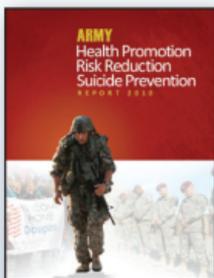
Lessons Learned



Vet's Family Guidelines



DoD Report on Mental Health



Army Health Promotion

### From the Battlefield:

"When I returned from Afghanistan last year to a divorce, your CD is what helped me through it. There are soldiers in my unit that need to learn better coping skills."

*SSG K.M., Infantry,  
message to Patriot Outreach in  
requesting additional CDs*



### Army Chief of Chaplains:

Patriot Outreach is a "...great resource for our soldiers. The good thing about such a tool is that it helps our soldiers to begin to think about seeking counsel for any self-destructive thoughts or behaviors."

**WE NEED YOUR HELP**  
**VOLUNTEER** [patriotoutreach.webs.com](http://patriotoutreach.webs.com)

**JOIN THIS TEAM AND HELP OUR FAMILY**



96.6% of donations support our troops



Iowa Governor  
"Patriot Outreach Day"



[ppprecovery.org](http://ppprecovery.org)



Dept. of California

