



# Who is the Heroes Outreach Program Be a Hero. Save a Hero

## **Our Vision**

A country free of veteran and first responder suicide.

## **Our Mission**

Recognizing isolation and loss of camaraderie as factors contributing to the tragedy of twenty military veterans committing suicide each day, Heroes Outreach Program (HOP) establishes local outreach gatherings in communities to provide awareness, education, and prevention resources.

**The Heroes Outreach Program (HOP)** was started in 2016 to address the dire situation of more than 22 military veterans a day committing suicide due to Post Traumatic Stress Disorder (PTSD). This program was started by a veteran who, himself, attempted suicide due to this hidden and silent malady.

Having experienced the affects of PTSD, the founder of the organization recognizes the symptoms, warning signs, and contributors that may lead a Veteran to decide to end their own life. Through HOP, we educate the veteran and first responder (VFR) population to recognize these flags in themselves as well as their fellow VFRs. We provide resources for intervening before the VFR reaches the point of ending their own life. As is evidenced by the statistic, many veterans won't call a hotline when they reach the point of no return. Many won't call the VA. Many won't even call a family member. Through the HOP program,

veterans form close relationships with fellow VFRs. Those participants see when their fellow VFR is sinking into that place where many fail to climb out.

The organization holds weekly 'Gatherings' in towns and cities across the country. These gatherings provide a discounted hot meal along with camaraderie and a safe place for participants to relax and share experiences in a judgment free environment. Through these gatherings, VFRs receive education and resources for addressing PTSD in themselves as well as fellow VFRs.

As with any nonprofit organization, we are in constant need of funding. The number of veterans and first responders we can reach is in direct proportion to the amount of funding we have. Please consider donating to this worthy cause.

In addition to funding, we are also in need of volunteers who would be willing to donate time to help the organization in reaching our Heroes. If you have skills or experience you believe could be helpful, please contact us at 1-800-514-6670. We seek volunteers who would like to raise funds for the organization, write grant proposals, maintain our social media presence, coordinate events, sit on the Board of Directors, as well as area administrators. We are all volunteers and most of us have had no prior experience. We have learned along the way and will be happy to help you along should you join our organization.

We thank you for taking the time to learn more about the Heroes Outreach Program. For more information and to find more ways in which you can help us eliminate the military veteran and first responder suicides occurring every day, please visit [www.heroesoutreachprogram.org](http://www.heroesoutreachprogram.org) or visit our Facebook page at <https://www.facebook.com/HeroesOutreachProgram>. Additionally, you are encouraged to call 1-800-514-6670 Monday through Friday 8 am to 5 pm Central Time to discuss the program or offer your support.

Thank you for your time and consideration. God Bless You.