



## SUCCESS STORIES

**Joseph is a U.S. Army veteran who reached out to Stop Soldier Suicide in need of housing, employment resources and a service dog.**

When he first connected with his Wellness Coordinator, Sarah, he denied having any serious mental health issues or thoughts of suicide. He simply needed to “get back on his feet.”

In truth, Joseph was in a dark place, but he wasn’t ready to admit that. After building trust by working one-on-one with his Wellness Coordinator for several weeks, he started opening up about his PTSD, mental health struggles and thoughts of killing himself.

Our Wellness Center team, through consistent interactions and tireless advocacy, showed Joseph that it’s not weak to ask for help. He began to share more, get himself connected and, with Sarah’s help, proactively pursue resources and support, including three months in a local treatment facility.

“My Wellness Coordinator was a constant throughout my entire healing process,” Joseph told us. “She really helped me push through those difficult moments.”

Continued follow-up care gave Joseph the motivation and accountability he needed. He’s now in continued therapy and will soon be moving into a new home.

**As he likes to put it, “I know SSS has my back.”**

### JOSEPH

U.S. ARMY VETERAN | FORMER SSS CLIENT