

# WWP TALK



"WWP TALK HAS REALLY MADE A DIFFERENCE TO ME ... IT HAS HELPED ME GET TO THE HEART OF THINGS — SET GOALS, CHALLENGE MYSELF, AND FIND MY OWN SOLUTIONS."

— WOUNDED WARRIOR **ANGIE PEACOCK**



**WWP Talk** is a helpline for Wounded Warrior Project® (WWP) Alumni, family members, and caregivers that provides emotional support over the telephone. Participants speak with the same helpline support member each week, developing an ongoing relationship and a safe, non-judgmental outlet to share thoughts, feelings, and experiences.

## WWP TALK PROVIDES SUPPORT TO:

- ★ Warriors living with post-traumatic stress disorder (PTSD), depression, or other mental health challenges
- ★ Family members and caregivers adjusting to life while supporting a wounded service member or veteran

## HOW WWP TALK WORKS:



Talk once a week at the same pre-established day and time



Acquire new tools and coping skills to help you face your challenges



Learn to set and achieve goals



Keep in touch until you're ready for the next stage of your recovery process

## CONTACT WWP TALK

For more information or to sign up, please call **888.WWP.ALUM (997.2586)** or **904.405.1213** (International)  
Monday – Friday, 9 am - 7 pm EST.

WWP Talk is not a crisis line. If you need immediate assistance please contact:



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