

Emotional Assistance



Purpose:

The saying "War is hell" doesn't begin to describe how horrible it has been for tens of thousands in our military in Iraq and Afghanistan. War inevitably involves witnessing and sometimes engaging in gruesome acts of violence. It is a shocking confrontation with death and devastation. It is normal for human beings to react to war's psychic trauma with profound fear, anger, grief, repulsion, helplessness and horror - or with emotional numbness and disbelief.

Trauma is the Greek word for "wound." Just as a physical wound from combat can cause suffering in the body, psychological trauma can cause acute suffering of mind and spirit.

It is not surprising to find that an assessment of more than 220,000 military personnel returning from Iraq published in the April Journal of the American Medical Association found that nearly one in five has significant mental health problems. Repeated tours of duty increase the risk of post-traumatic stress disorder by 50 percent.

We are all aware of the tremendous job our Military is doing everyday as they risk their lives around the World. Due to the nature of war we will always have casualties both physical and emotional. That is where our Out Reach Program is focused. As we identify the areas of assistance where we can best extend our

support; we have found that support is needed AFTER a warrior comes home and after the standard support is exhausted. We help by finding other avenues for the warrior and the family to cope, adjust to life once again at home, and recover.

We are setting up assistance programs through our website, not only for the Wounded Warriors, but for the families and friends around them. Our community site, **“The Force”**, will offer support groups and links to outstanding professional and emotional care. Sometimes the fight doesn’t stop until long after the war has ended. The USEF wants to be there with care and understanding to help those in need.

Guidelines on types of emotional assistance we may be able to provide include the following:

Online support groups via **“The Force”**
Links to Local and National “Free of Charge” Medical Assistance
24 hour Hotline Care
Benefit Concerts “Healing Through Music” by **The USEF**
USEF Family Camps Promoting Togetherness
Grief Counseling