

Serving Those Who Served Our Country



Vets4Warriors
Peg Grandison LCSW

CURRENT RESEARCH

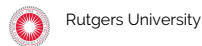
24/7 helpline employs veterans to provide peer support to other military members, veterans, and families

According to [The Washington Post](#), over 1.4 million veterans feel disconnected from civilian life, while other [statistics](#) show that over 22 members of the armed forces take their lives each day. One major factor that makes it difficult for active duty soldiers and veterans to connect with even their closest loved ones is the detachment they feel in sharing the hardships of training and combat that no civilian truly understands. Moreover, the stigma they face when seeking mental help is often overwhelming. Vets4Warriors (V4W), a 24/7 peer support telephone service based at Rutgers University Behavioral Health Care, employs over 50 highly trained veteran "peers" with "shared lived experiences" who can draw on their military backgrounds and their own challenges to provide non-stigmatizing, confidential, and even anonymous help to active duty soldiers and veterans. Lending a respectful and empathic ear to each individual who has served and is serving our country, the veteran peers are committed to walking the callers through their daily struggles with PTSD, anxiety, isolation, and depression before they escalate to a crisis, and often guide them to other helpful medical, financial, legal, and mental health resources. With a senior, licensed mental health professional immediately accessible for consultation and direct involvement at all times, the call is toll free and available to all active duty, reservists, national guard service members, veterans, and their families.

The V4W leadership includes Mark Graham, a retired Army...

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AFFILIATION



AWARDS

- [Mark Graham, Major General US Army \(Retired\)](#)

RESEARCH AREAS

Veteran's Causes, Life Science, Telemedicine, Health IT

FUNDING REQUEST

The annual cost to operate the Vets4Warriors is \$2.8M. Over 90% of the costs are for personnel: the veterans who answer the phones and live chats, and other staff, including clinicians. Your contributions will therefore allow the program to continue supporting not only callers seeking help but also veteran peers who are providing support, and help fund operating and marketing costs and rigorous research. Help serve those who served our country: fund Vets4Warriors today.

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