

Seeking help is a strength.

There's #NoShame in getting help for mental health and substance dependence.



## SAFE Veterans

*Prevention. Support. Recovery.*

SAFE Veterans' programs and resources bring prevention and recovery support to those with military connections who are facing alcohol/substance dependence and mental health challenges.



# WHAT WE DO



## *Prevention Through Awareness*

**Veteran Wellness:** SAFE Project, in partnership with the Wounded Warrior Project (WWP) and Walmart, has created a Veteran Wellness training program. The program empowers veterans by building resiliency, while helping participants to seek help where there is a risk of substance use, mental health, and co-occurring challenges.

**National Awareness Campaigns:** SAFE Project's #NoShame Campaign and Be SAFE signage efforts bring awareness about mental health, stigma, and the addiction epidemic across the country.

**Your Emotional Ruck:** Military service creates unique stressors for the family. To address these stressors and encourage healthy coping skills, SAFE hosts Your Emotional Ruck workshops and virtual lunch & learns, for military service personnel, spouses and veterans.

**Technical Assistance:** SAFE Veterans is the sole provider of all technical assistance for all veterans and the military on behalf of SAMHSA's National Family Support Technical Assistance Center (NFSTAC).



## *Support Military-Specific Recovery*

**Virtual Veterans:** Each week, SAFE Project provides a safe, private, virtual space, hosted by veterans for veterans, to connect and provide mutual support for recovery. Meetings are held every Thursday evening at 6 PM ET and are open to veterans, service members, and military family members who are on a recovery path from substance dependence.

# WHO WE ARE

SAFE Project understands both the sacrifices and rewards of military service. Adm. James A. "Sandy" Winnefeld and his wife Mary are the Co-Founders and Co-Chairs of SAFE Project. Adm. Winnefeld served for 37 years in the United States Navy, retiring in 2015 after serving as the ninth Vice Chairman of the Joint Chiefs of Staff and the United States' number two ranking military officer. As a military spouse and mother, co-founder Mary Winnefeld has been actively involved in the health and welfare of military and veteran families, as well as the policies that affect their lives. Mrs. Winnefeld is the recipient of both the Department of Defense and Department of the Navy Meritorious Public Service Award.

The Winnefelds started SAFE Project, a national nonprofit committed to overcoming substance dependence in the United States. They founded the organization in 2017 following the loss of their 19-year-old son, Jonathan, to an accidental opioid overdose.

For more information, visit [safeproject.us/veterans](https://safeproject.us/veterans) or email [veterans@safeproject.us](mailto:veterans@safeproject.us).