



## **We Serve Vet Chat Program Executive Summary**

*“The terror and horror of killing, death and destruction in war are so impactful, disguised or ignored that we need all our strength and courage to look at them with a naked glance. War is not just a sacred arena where the soul is challenged. It constitutes a genuine journey through hell. Only through sharing that journey with others who have taken it, only by listening to their stories and telling them ours, can the veteran understand the wound and emerge with wisdom for healing.” Edward Tick Warrior’s Return – Restoring the Soul After War*

**Mission:** The key mission of the Vet Chats is the healing of the warrior’s body, mind and spirit through connection with like-minded peers who have all experienced military service and sacrifice. All warriors have experienced some degree of loss through their service – a sacrifice of identity, a loss of time with family, and in many cases witnessed or suffered physical loss – whether it be of limb or the life of a loved one or brother-in-arms. A Vet Chat brings this fellowship of veterans and family members together to share experiences and provide strength and hope to each other that they might reconnect with themselves and others and recover from the wounds of isolation, loss, guilt, and the reprogramming of self caused by military service.

**Vision:** We are dedicated to building a Veteran community based on the belief in a power greater than ourselves. We assert that war is both archetypal and wounding of everyone it touches and it changes every part of us: body, mind, heart, soul, spirit, relationships and communities. We believe that invisible wounds of military service such as the sacrifice of self for the greater good and PTSD are not a failure of character but proof of the warrior's mortality and humanity. By gathering together and sharing the experiences of war and honoring and reconnecting with that service, the We Serve Vet Chat Program creates a portal for reconnection, transformation, self-awareness, growth and healing.

**Implementation:** The only requirement to attend a Vet Chat is the desire to be understood, to not be alone, and to find peace. There are no dues or fees to attend. The We Serve Vet Chat program is nonprofessional – it does not have clinics, doctors, counsellors or psychologists.

Vet Chats welcome veterans and family members of all backgrounds, and there are no registration requirements to participate. We Serve is partnering with Veterans of Foreign Wars to conduct leadership training and have Vet Chat sessions in their facilities. These venues

permit a deeper reflection on the personal element of healing and remind all participants of the presence of the military spirit and is reflective of the common sacrifice shared by all. The We Serve Vet Chat Leadership Training Program™ is a sustained program of education, resource materials, and interactive online and live events on a local, regional and national level that recruits and supports those who wish to conduct Vet Chats in their communities.

Any Active Duty Military or Veteran experiencing immediate problems and concerns contact: [The Veterans Crisis Line](#) connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, [online chat](#), or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, [chat online](#), or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

### **Abroad?**

[Click here to start a confidential chat.](#)

In Europe call 00800 1273 8255 or DSN 118 \*

In Korea call 0808 555 118 or DSN 118

In Afghanistan call 00 1 800 273 8255 or DSN 11