



HEROIC
HEARTS
PROJECT

Helping veterans with PTSD access
psychedelic programs

UNDERSTANDING COMBAT PTSD

Use this information personally, or share it with a friend who may have PTSD.

If you are having suicidal thoughts, call the Veteran Crisis Line immediately (Dial 988 and then press 1). You can also text this hotline at 838255

The Bad News: it is not a choice.

- PTSD (Post Traumatic Stress Disorder) is an anxiety disorder that develops in reaction to physical injury or severe mental or emotional distress (such as exposure to combat). It rewires your nervous system, and automatically overrides your conscious willpower. It is not a choice.
- The effects of PTSD when you return home from war can include sudden unexpected attacks of paranoia, flashbacks, depression, hopelessness, suicidal thinking, insomnia, hypervigilance, headaches, social isolation, and a host of other kinds of suffering.
- Half of veterans who are suffering from the effects of PTSD also use drugs or alcohol to numb their pain, which can exacerbate the issues they face.
- PTSD can inadvertently be passed along to a veteran's spouses, families, and loved ones, who may experience depression, anxiety, hopelessness, fatigue, and more.
- PTSD is not a matter of poor character, weakness, cowardice, or insanity. It is a legitimate health condition with serious implications for a your physical and mental health.
- Of all the traumas, combat trauma is more resistant to standard treatment than other forms of PTSD. Traumatic Brain injury (TBI), from head trauma or repeated exposure to explosives can also lead to this difficult-to-treat PTSD.
- Current mainstream veteran care systems are not effective enough. Fewer than 10% of veterans complete traditional PTSD treatment programs or experience significant improvement from them. (If this has been your experience, don't give up. Visit heroicheartsproject.org to learn more about psychedelic options for veterans with PTSD.)
- If you have PTSD, you are not alone. Over 500,000 U.S. veterans who served in post 9/11 wars have PTSD.
- Unless treated, PTSD can be a life sentence. 271,000 Vietnam vets still have PTSD 50 years later.
- If you wait to seek help, it could be a matter of life and death. More U.S. veterans have died by suicide than have died in all the wars since 9/11.

The Good News: A surprisingly effective treatment program is now available for U.S. veterans through Heroic Hearts Project.

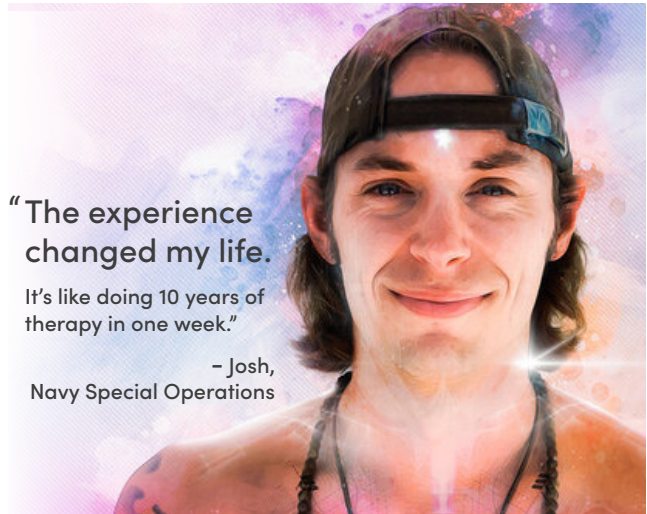
- Clinical research has discovered unexpected new tools that show great promise in treating PTSD for veterans: psychedelics. In the right setting with proper guidance, psychedelics make it easier to reduce traumatic thinking patterns and start healthier ones.
- HHP programs use psychedelics such as ayahuasca (a drink made from South American plants) and psilocybin (Psychedelic Mushrooms) to help veterans process and move past their trauma and recover from PTSD.
- In addition to a growing body of research that has demonstrated the positive effects of psychedelics for treating conditions such as anxiety, depression, PTSD, and more, preliminary independent research by Imperial College, London suggests that over 80% of veterans experience improvement after participating in just one psychedelic program through HHP.
- Veterans who participate in a psychedelic program through HHP report the reduction or elimination of depression, anxiety, hopelessness and other symptoms of PTSD. They also experience improved connection to others, more gratitude, and generally increased life-satisfaction. Many state that the experience is life changing.
- HHP's programs are low or no cost to those who need financial support.

If you'd like to explore whether an HHP program might be right for you, visit heroicheartsproject.org.

"The experience changed my life.

It's like doing 10 years of therapy in one week."

- Josh,
Navy Special Operations



HEROIC
HEARTS
PROJECT

Helping veterans with PTSD access psychedelic programs
heroicheartsproject.org