



HEROIC
HEARTS
PROJECT

Heroic Hearts Project (HHP)

List of Resources

Purpose: Veterans may need additional resources beyond the scope and availability of Heroic Hearts Project's (HHP) current programs. Veteran applicants who may not be eligible yet, applicants awaiting a retreat program, or alumni who are looking for more assistance may find additional help through these resources.

Advisory Note: HHP suggests these resources, but we cannot guarantee results. Any resource listed below should be individually assessed by the veteran for appropriateness to their needs.

Additional Resources

1. [Veterans Crisis Line](#) - Free, confidential support for those in crisis: dial **988**, then press 1. Or you can text **838255**, or chat live via the website. **Open 24/7**.

2. [Road Home Program](#) - Therapy/help for Military Sexual Trauma (MST).

Treatment often focuses on learning to overcome painful memories, control difficult emotions, and address the feelings of anger, betrayal, and insecurity. Treatment options include the Intensive Outpatient Program (IOP), which condenses six months of therapy into 2 weeks. During IOP, we connect veterans and service members to individual and group therapy and a daily regimen of physical fitness, stress-reduction training, wellness practices, nutritional education, and mindfulness meditation. All treatment, travel, meals, and lodging are provided at **no out-of-pocket expenses to the veteran or service member** and one support person. The Outpatient Program: in-person outpatient care consists of weekly therapy sessions. Treatment focuses on immediate symptoms, reduction of long-term mental health recovery, and permanent lifestyle changes for veterans, service members, and their families. Treatment length varies.

3. [The Ketamine Fund](#) - A nonprofit that provides **free** ketamine treatments (infusion therapies) to veterans. **Ketamine can be highly effective for treatment-resistant depression and suicidal ideation**. Some VA clinics offer free Ketamine treatment as well (depending on your location), so we recommend phoning your local VA clinic/hospital to see if they offer it.

4. [Operation Warrior Resolution](#) - Holistic mental health care for veterans and their families **at no cost** "To transform veterans to health and wellness. To provide innovative, holistic treatments for mental health to veterans and their family members; alleviating PTSD, anxiety, and other mental health-related issues."

5. [The Headstrong Project](#) - A non-profit mental health organization providing confidential, barrier-free, and stigma-free PTSD treatment to veterans, service members, and families connected to their care. Headstrong's network of trauma-informed clinical partners provides individualized, evidence-based outpatient care to clients. Headstrong's trauma treatment program **provides 30 cost-free sessions**. For extended therapy, sessions include a client copy made to the therapist.

6. [Sound Off](#) - A **free** mobile resource connecting people seeking help with anonymous, long-term mental health support. Sound Off is the first and only mental health resource for veterans and active service members that allows both anonymity and repeat contact with clinicians or peers. All interactions are contained entirely within the app.
7. [Wounded Healer Project](#) - **(All services at no cost)** Connects military veteran mental health providers with members of the veteran community who may be struggling in isolation with addiction, poverty, incarceration, homelessness, unemployment, and terminal illness. They also help veterans seeking to become mental health providers, or organizations in need of mental health support for their veteran clients.
8. [The Battle Within](#) - Supports veterans and first responders with programs aimed at promoting mental and behavioral health.
 - [Revenant Journey](#): a **free**, 5-day program designed to bring Warriors together and create a safe space where they can identify their burdens, confront them in a secure environment, and obtain the necessary tools to overcome them.
 - [Frontline Therapy Network](#): matches you with the right therapist and **covers the cost of their first six sessions.** This structured support is designed to help individuals process trauma and establish healthy habits as part of their healing journey.
9. [Boot Campaign](#) - Offers a Health and Wellness program built on the principles of providing holistic care, and works to identify the root cause of hidden wounds of war. They deliver personalized treatment plans to veterans and their families. Boot Campaign provides care to treat diverse health challenges connected to Posttraumatic Stress and/or Traumatic Brain Injury (TBI), as well as addressing trauma-based insomnia, chronic pain, substance abuse, nutrition, and fitness. After determining each candidate's needs, our team of experts creates a pipeline of care utilizing a holistic approach. Every individual's plan is unique and curated to address immediate needs first. [Click here for the different therapies utilized.](#)
10. [Psychedelics in Recovery](#) - A fellowship of people in 12-step programs who also have an interest in psychedelics and/or plant medicines as an aid to recovery.
11. [ClinicalTrials.gov](#) - A database of clinical research studies and information about their results. You can also search for a clinical trial in which to participate.
12. [Retreat.Guru](#) - Search for legal, reputable psychedelic retreat centers worldwide.
13. [Tripsitters](#) - A psilocybin community and education hub. Connect with people, organizations, and communities via the psychedelic directory. Education for journeyers, facilitators, and growers. You can also schedule a consultation with an expert (they ask for a donation as their "fee").
14. [Psychedelic Support](#) - An education and therapeutic platform. Find a mental health provider in the psychedelic therapy directory, join a community group, or peruse the educational articles.
15. [MAPS psychedelic integration list](#) - A resource of individuals and organizations in the mental health field who help people integrate past psychedelic experiences. (These practitioners do NOT facilitate actual ceremonies.) There likely will be a fee for the providers' services, but we do encourage you to ask if they offer a sliding scale/military discount.

16. [Cohen Veterans Network](#) - Mental health services and case management to post-9/11 veterans **at no charge**; telehealth or in person. They also offer marriage counseling, relationship counseling, and help with children's behavioral issues. Offers the option of signing up for care directly through the clinic closest to you (if there is one in your area). You can search locations with the "Locate a Clinic" button in the website header.

17. [Fireside Project](#) - A real-time psychedelic peer support line **at no cost**. Call or text **623-473-7433** for free, confidential emotional support during and after your psychedelic experiences. Open every day, 3:00 pm-3:00 am PT.

18. [Your Village Online](#) - Research this **low-cost** research-based online parenting platform which provides digital classes, podcasts (Parenting Beyond Discipline), and private coaching sessions. For those parents who are struggling with balancing discipline, boundaries, and love for their children, this is an excellent resource.

19. [National Eating Disorder Association \(NEDA\)](#) - the largest nonprofit dedicated to supporting individuals and families affected by eating disorders. Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care.

Tips while waiting for an HHP Program Retreat opportunity:

#1 Build a Support Network. Invest in communities, professionals, friends, or family who you can rely on for mental or emotional support. This is key for any psychedelic integration.

#2 Get a Passport. Acceptance into our HHP Community does not require a passport. However, to be considered for an international retreat program, a passport is **required**.

#3 Stay alert for Open Enrollment Periods. You'll get an email to the email used when you applied to HHP when we Open Enrollment for one or many Retreat Programs.

We appreciate your patience with us, as we continue to do all we can to better serve as many veterans as possible.

Sincerely,

Heroic Hearts Project Team