



# THE HEADSTRONG PROJECT



## WHO YOU SHOULD REFER

### RIGHT 'FIT' FOR OUR RESOURCES

- Actively serving members of the armed forces
- Members of the National Guard & Reserves
- Veterans of all eras, regardless of characterization of discharge or combat status

### INDIVIDUALS WHO BENEFIT FROM TRAUMA-FOCUSED CARE OFTEN EXPERIENCE:

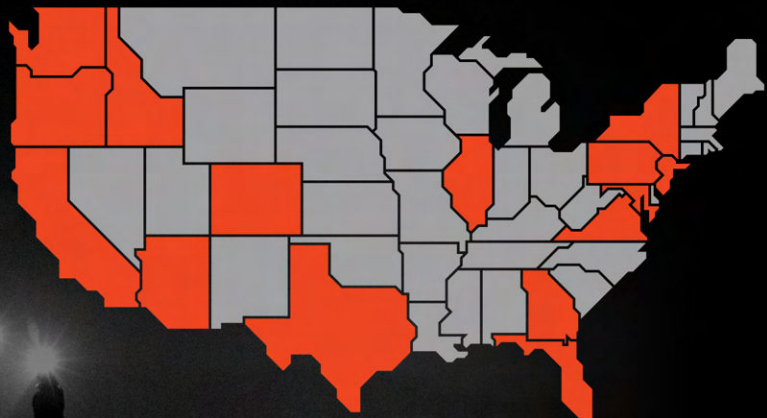
- Deployment or combat-related stress
- Military sexual trauma
- Childhood adverse events
- Depression
- Anxiety and stress
- Transition and adjustment issues
- Substance abuse
- Relationship difficulties
- Irritability and anger control challenges

### WHAT HEADSTRONG TREATMENT CONSISTS OF:

- Individually tailored, trauma-focused care
- Outpatient weekly therapy
- Wraparound care for the family
- Complete confidentiality
- Zero cost to the client
- Adherence to evidence-based treatment modalities
  - CPT, EMDR, PE, others
- Focus on symptom tracking and outcomes
- Collaborative planning around treatment duration
- Open accessibility to return to treatment

## OUR LOCATIONS

[THEHEADSTRONGPROJECT.ORG/OURLOCATIONS](https://THEHEADSTRONGPROJECT.ORG/OURLOCATIONS)



### HOW TO CONNECT TO TREATMENT:

[THEHEADSTRONGPROJECT.ORG/GET-HELP](https://THEHEADSTRONGPROJECT.ORG/GET-HELP)

