Wounded Warrior Project® (WWP) is transforming the way America’s veterans are empowered, employed, and engaged in our communities. Our direct service programs focused on connection, independence, and mental, physical, and financial wellness create a 360-degree model of care and support. This holistic approach empowers warriors to create a life worth living and helps them build resilience, coping skills, and peer connection, which are known to reduce the risk of veteran suicide. The following statistics represent program activity and impact during the 2021 fiscal year (10.01.20 – 09.30.21).

### Mental Health

**About 1 in 5 warriors say they struggle to get the mental health care they need. WWP is bridging that gap with accessible, innovative care.**

- **43,900 +** hours of PTSD treatment provided
  - Resulting in 72% experiencing fewer PTSD symptoms
- **22,000 +** emotional support calls conducted with warriors and family members
  - Resulting in 68% improving psychological well-being, increasing overall quality of life
  - AND 61% becoming more resilient, a key factor in preventing suicidal ideation

### Physical Health

**Improved physical well-being in veterans is associated with lower healthcare costs, fewer doctor visits, and greater mental health outcomes.**

Among warriors who participated in WWP Physical Health and Wellness Coaching:

- **56%** experienced an improvement in sleep quality
  - AND 51% experienced a reduction in pain, reducing the interference of physical injuries on daily life
- **33%** experienced an improvement in mobility

### Financial Wellness

**Warriors working for an employer that has an affinity group or mentorship program for veterans are more likely to be satisfied with their employment.**

- **58,100 +** career coaching services provided, including resume review, interview prep, and post-placement counseling
  - Resulting in **2,100 +** warriors and family members achieving employment with veteran-friendly employers

- $159 MILLION economic impact of V.A. benefits claims filed by WWP
  - WITH AN **89%** approval rate

### Independence

- **190,900 +** hours of in-home and local care provided to the most severely injured warriors, helping them reach and maintain a level of autonomy that would not otherwise be possible

### Connection

**Veterans with greater social support have more positive mental health outcomes, including lower rates of suicidal ideation.**

- **8,600 +** virtual and in-person events, keeping warriors and their families connected and out of isolation
  - Among those who participated in these events:
    - 96% reported that they feel socially connected to their peers
    - AND 96% said they have people they can depend on

- **1,200 +** warrior-only peer-to-peer support group meetings held
  - 92% of participants in WWP Soldier Ride events say they have greater self-confidence after participating in the event