

\* FISCAL YEAR 2023 IMPACT \*

### MENTAL HEALTH

ABOUT THREE IN FOUR WWP WARRIORS REPORT MENTAL HEALTH CHALLENGES LIKE PTSD, ANXIETY, AND DEPRESSION.\* WWP ENSURES THEY NEVER HAVE TO FACE THESE CHALLENGES ALONE.

66,300+

hours of treatment for PTSD, traumatic brain injury, substance use disorder, and military sexual trauma

**PROVIDED TO** 

3,500+

warriors and family members



19,500+

emotional support calls conducted with warriors and family members

**RESULTING IN** 

69%

experiencing an improvement in their mental and emotional health

AND

**55%** 

becoming more resilient, a key factor in preventing suicidal ideation



9,800+

warriors and family members were connected to mental health programs or services through WWP

# 197,500+ WARRIORS | 49,000+ FAMILY MEMBERS | 72 NEW REGISTRANTS EACH DAY

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 2023 fiscal year (10.01.22 – 09.30.23).

#### PHYSICAL HEALTH

POOR SLEEP AND CHRONIC PAIN ARE TOP ISSUES AMONG WWP WARRIORS.\* OUR PROGRAMS ARE DESIGNED TO HELP THEM SLEEP BETTER AND GET BACK TO ENJOYING LIFE.

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

**51%** 

experienced an improvement in sleep quality

AND

**45%** 

experienced a reduction in pain, reducing the interference of physical injuries on daily life

AND

66%

experienced an improvement in mobility



**52**%

experienced an improvement in their mental and emotional health, demonstrating the importance of physical health on mental well-being



93%

of participants in WWP Soldier Ride®
events say they have greater
self-confidence after participating
in the event

## FINANCIAL WELLNESS

WWP WARRIORS FACE HIGHER RATES OF UNEMPLOYMENT AND FINANCIAL DISTRESS THAN THE GENERAL POPULATION.\* WWP'S FINANCIAL WELLNESS PROGRAMS EMPOWER THEM TO OVERCOME THESE OBSTACLES.

63,800+

career coaching services provided, including resume review, interview prep, and post-placement counseling

**RESULTING IN** 

1,500+

warriors and family members achieving employment



\$175.7M

economic impact of VA benefits claims handled by WWP

WITH A

**85**%

approval rate



2,200+

participants in the WWP Financial Education program, which helps warriors build a strong financial foundation through resources like educational seminars and one-on-one counseling

#### CONNECTION

WWP FOUND SOCIAL SUPPORT TO BE A PROTECTIVE FACTOR AGAINST SUICIDAL IDEATION AMONG WWP WARRIORS.\* OUR PROGRAMS AND EVENTS HELP KEEP WARRIORS CONNECTED AND OUT OF ISOLATION.

4,400+

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

95%

said they have people they can depend on



2,100+

warrior-only peer-to-peer support group meetings held

## INDEPENDENCE

241,800+

hours of in-home and local care provided to the most severely injured warriors, helping them live more independent lives for as long as possible