



# Post-Traumatic Growth (PTG) Resource Handout

## Hellfish Haven | Veteran Nonprofit

Post-Traumatic Growth is not about forgetting trauma — it is about integrating it into a stronger, more purposeful identity. Growth often shows up in five domains: personal strength, relationships, new possibilities, appreciation for life, and spiritual change.

### ■ Free Mobile Apps (VA / DoD Approved)

- **PTSD Coach** – Manage stress, learn about symptoms, and build coping skills.
- **Mindfulness Coach** – Self-guided mindfulness training for emotional regulation.
- **Struggle Well** – PTG-focused app developed by Boulder Crest Foundation.
- **Virtual Hope Box** – Personalized tools for grounding, relaxation, and hope.
- **Move! Coach** – Veteran-centric physical health and movement support.

### ■■ PTG-Focused Organizations

- **Boulder Crest Foundation** – Warrior PATHH (free, non-clinical PTG program).
- **Warriors & Quiet Waters** – Outdoor experiences that build antifragility.
- **The Headstrong Project** – Barrier-free mental healthcare for post-9/11 veterans.
- **Make the Connection** – Veteran stories of recovery, growth, and purpose.

### ■ Therapeutic Journaling (Evidence-Based)

Use the Pennebaker Expressive Writing Protocol: write for 15–20 minutes for four consecutive days about a difficult experience. Write continuously, without editing. Stop if distress becomes unmanageable and return to grounding.

### ❖■ Immediate Support (24/7)

- **Veterans Crisis Line:** Dial 988 then Press 1 or text 838255
- **Vets4Warriors:** 1-855-838-8255 (Peer support by veterans)

Growth is not linear. Some days you charge forward. Some days you hold the line. Both are part of the mission.