

## A pixelated, red, muscular character with a yellow beak and a grey helmet, appearing to be shouting or roaring. The character has a determined, almost aggressive expression with wide eyes and a large, open mouth showing sharp teeth. The style is reminiscent of early 3D video game graphics, with a limited color palette and visible pixelation.

Hellfish Haven shops locally at Army Barracks to get second hand ammo cans for this project.



# HELLFISH HAVEN SAFETY PLAN

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**STEP 1: WARNING SIGNS**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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**STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO TAKE MY MIND OFF MY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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**STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION:**

1. NAME: _____	CONTACT: _____
2. NAME: _____	CONTACT: _____
3. PLACE: _____	4. PLACE: _____

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**STEP 4: PEOPLE WITH WHOM I CAN ASK FOR HELP IN BEING A CRISIS:**

1. NAME: _____	CONTACT: _____
2. NAME: _____	CONTACT: _____
3. NAME: _____	CONTACT: _____

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**STEP 5: PROFESSIONALS OR SERVICES I CAN CONTACT DURING A CRISIS:**

1. CLINICIAN/AGENCY NAME: _____	PHONE: _____
EMERGENCY CONTACT: _____	PHONE: _____
2. CLINICIAN/AGENCY NAME: _____	
EMERGENCY CONTACT: _____	
3. LOCAL EMERGENCY DEPARTMENT: _____	
EMERGENCY DEPARTMENT ADDRESS: _____	
EMERGENCY DEPARTMENT PHONE: _____	

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**4. SUICIDE PREVENTION LIFELINE PHONE: DIAL 988**

**STEP 6: MAKING THE ENVIRONMENT SAFER (PLAY THE ULTIMA MEANS SAFETY):**

1. \_\_\_\_\_

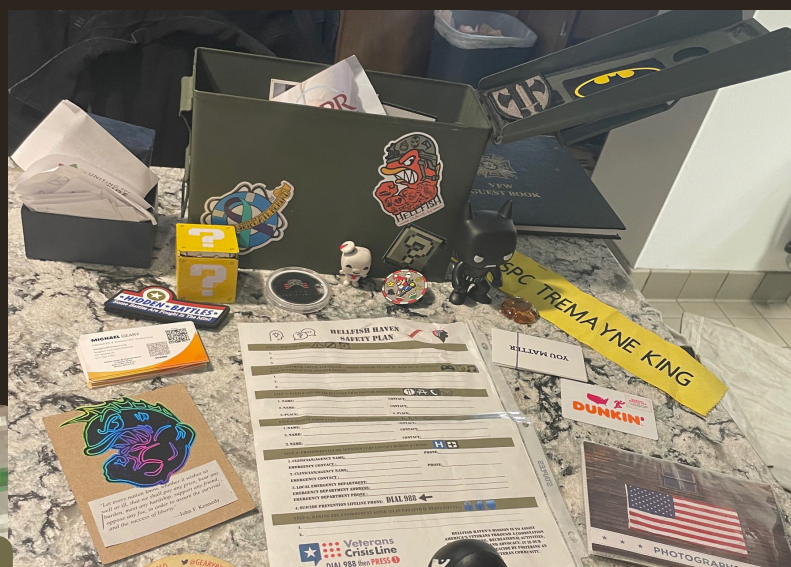
2. \_\_\_\_\_

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**DIAL 988 then PRESS 1**

**HELLFISH HAVEN'S MISSION IS TO ASSIST AMERICA'S VETERANS THROUGH A COMBINATION OF ONLINE CHATting, RECREATIONAL ACTIVITIES, PEER SUPPORT, AND ADVOCACY. IT IS OUR INTENT TO REDUCE SUICIDE BY FOSTERING AN ALL EXCLUSIVE VETERAN COMMUNITY.**

**Plan your actions and reactions ahead of time and share them with loved ones and friends to help you in a jam. Work on with Mental Health Provider for best results**



Everyone is different but we will stock each can with notepad for reasons to live, photo album for great memories to reflect upon and a small box for Knick knacks and things that make you smile!

**1 AMMO CAN \$25 OR 5 FOR \$100**

**SPONSORSHIP AVAILABLE FOR INDIVIDUAL AND CORPORATE DONORS**

**EMAIL HELLFISH HAVEN FOUNDER MIKE FOR MORE INFORMATION/SPONSORSHIP**  
**BMG@HELLFISHHAVEN.ORG**



# SPONSORSHIP AVAILABLE FOR INDIVIDUAL AND CORPORATE DONORS

HELLFISH HAVEN PRESENTS:  
**HOPE BOX AMMO CAN**

## SPONSOR AN AMMO CAN

Hellfish Haven will create and distribute cans to Veterans in need. Veterans, Families and Counselors can request a can from us. Your name or company is tagged on each can you sponsor!



**HELLFISH HAVEN SAFETY PLAN**

STEP 1: WARNING SIGNS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

STEP 2: INTERNAL COPING STRATEGIES - THINGS I CAN DO TO TAKE MY MIND OFF MY PROBLEM WITHOUT CONTACTING ANOTHER PERSON

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION

1. NAME: \_\_\_\_\_ CONTACT: \_\_\_\_\_

2. NAME: \_\_\_\_\_ CONTACT: \_\_\_\_\_

3. PLACE: \_\_\_\_\_

STEP 4: PEOPLE WHOM I CAN ASK FOR HELP DURING A CRISIS

1. NAME: \_\_\_\_\_ CONTACT: \_\_\_\_\_

2. NAME: \_\_\_\_\_ CONTACT: \_\_\_\_\_

3. NAME: \_\_\_\_\_ CONTACT: \_\_\_\_\_

STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS

1. CLINICIAN/AGENCY NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

2. CLINICIAN/AGENCY NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

3. LOCAL EMERGENCY DEPARTMENT: \_\_\_\_\_

4. EMERGENCY DEPARTMENT ADDRESS: \_\_\_\_\_

5. EMERGENCY DEPARTMENT PHONE: \_\_\_\_\_

6. SUICIDE PREVENTION LIFELINE PHONE: **DIAL 988**

STEP 6: MAKING THE ENVIRONMENT SAFER (PLAN FOR LETHAL WEAPON SAFETY)

1. \_\_\_\_\_

2. \_\_\_\_\_

**Veterans Crisis Line**  
DIAL 988 then **PRESS 1**

**HELLFISH HAVEN'S MISSION IS TO ASSIST AMERICAN VETERANS THROUGH A COMBINATION OF ONLINE GAMING, RECREATIONAL ACTIVITIES, PEER SUPPORT, AND ADVOCACY. IT IS OUR INTENT TO REDUCE SUICIDE BY FOSTERING AN ALL INCLUSIVE VETERAN COMMUNITY.**

## SAFETY PLAN INCLUDED WITH LOCAL CONTACTS FOR VETERANS

Each individual should fill this out with help from their mental health professional and then share with their loved ones. We will provide contact for local and national Veteran Crisis and help lines.

## SUPPORT WITH ACTION THIS YEAR

All support is welcome to the Veteran Community but this year we want to get a can into each Veterans Home that should have one or seeks one. A safety plan is only as good as it is protected and utilized, So help the Haven help our Men and Women to fight back against depression, isolation, and suicide this season!

# 1 AMMO CAN \$25 OR 5 FOR \$100



# AMMO CAN OF HOPE

## WHAT IS THE AMMO CAN OF HOPE?

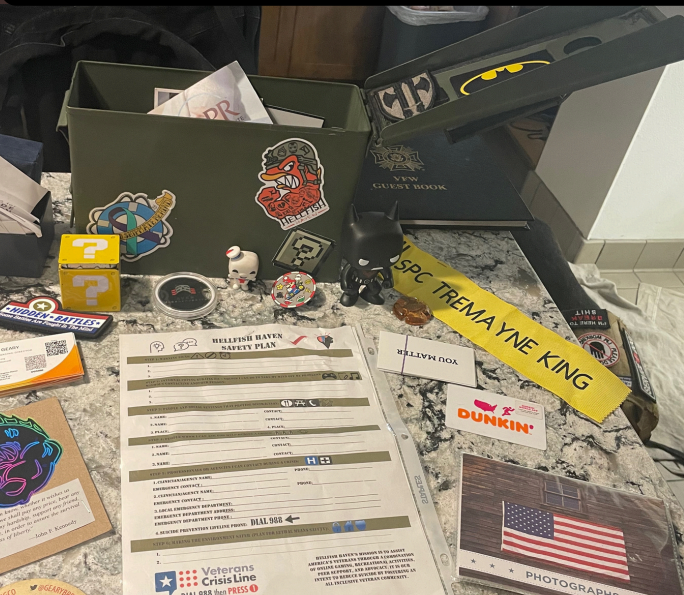
The Ammo Can of Hope is a powerful initiative by Hellfish Haven to bring support, healing, and resilience to our veterans. We believe in providing tangible resources and a safety plan to help our heroes fight back against depression, isolation, and suicide.

## WHAT'S INSIDE THE AMMO CAN OF HOPE?

- Notepad: Write down reasons to live, aspirations, and positive affirmations.
- Photo Album: Reflect upon great memories and moments that bring joy.
- Small Box: Fill it with knick-knacks and things that make you smile!

## HOW IT WORKS:

- Hellfish Haven sources second-hand ammo cans locally from Army Barracks.
- Fill each can with items that heal, inspire, and bring positivity.
- Each sponsored can is tagged with the name or company of the sponsor.
- Veterans, families, and counselors can request an Ammo Can of Hope.







# WHY SUPPORT THE AMMO CAN OF HOPE?

- **Promotes Mental Health:** Help veterans combat depression, isolation, and suicidal ideation in order to prevent suicide and promote Mental Wellness
- **Safety Plan:** Plan of actions and reactions in case of emergency or to refer to in high stress situations. Shared with loved ones for extra support!
- **Tangible Support:** Provide notepad, photo album, and a small box for personal items to remind Veteran of reasons to fight on!
- **Local Contacts:** Safety plan includes local contacts and crisis helplines for the times that get beyond our own control.

## IN CONCLUSION

Depression, isolation, and suicide can be daunting challenges for veterans, but together we can make a difference. Hellfish Haven's

Ammo Can of Hope is a tangible and powerful tool that brings support and healing to those who have served our country. Let's join the fight and ensure that every veteran's home that should have an Ammo Can of Hope receives one. Together, we can combat these issues and show our gratitude to those who have sacrificed so much for our freedom.



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# HELLFISHHAVEN.ORG



# AMMO CAN OF HOPE

- **ADVOCATE FOR MENTAL HEALTH:** ASSISTING VETERANS IN COMBATING DEPRESSION, ISOLATION, AND SUICIDAL THOUGHTS TO PROMOTE MENTAL WELLNESS.
- **DEVELOP A SAFETY PLAN:** IN CASE OF EMERGENCIES OR HIGH-STRESS SITUATIONS, HAVE A PLAN OF ACTION AND REACTIONS. SHARE IT WITH LOVED ONES FOR EXTRA SUPPORT.
- **PROVIDE TANGIBLE SUPPORT:** OFFER A NOTEPAD, PHOTO ALBUM, AND A SMALL BOX FOR PERSONAL ITEMS TO REMIND VETERANS OF THEIR REASONS TO KEEP FIGHTING.
- **ESTABLISH LOCAL CONTACTS:** INCLUDE LOCAL CONTACTS AND CRISIS HELPLINES IN THE SAFETY PLAN TO PROVIDE SUPPORT IN SITUATIONS BEYOND OUR CONTROL.

## CONCLUSION

FOR VETERANS, THE OBSTACLES OF DEPRESSION, ISOLATION, AND SUICIDE CAN BE OVERWHELMING. HOWEVER, WE CAN MAKE A SIGNIFICANT IMPACT BY WORKING TOGETHER. HELLFISH HAVEN'S AMMO CAN OF HOPE IS AN INVALUABLE RESOURCE THAT OFFERS BOTH SUPPORT AND HEALING TO OUR COUNTRY'S BRAVEST. LET US UNITE AND PLEDGE TO PROVIDE AN AMMO CAN OF HOPE TO EVERY DESERVING VETERAN'S HOME. BY DOING SO, WE CAN ACTIVELY COMBAT THESE ISSUES AND DEMONSTRATE OUR GRATITUDE FOR THEIR SACRIFICES IN PROTECTING OUR FREEDOM.



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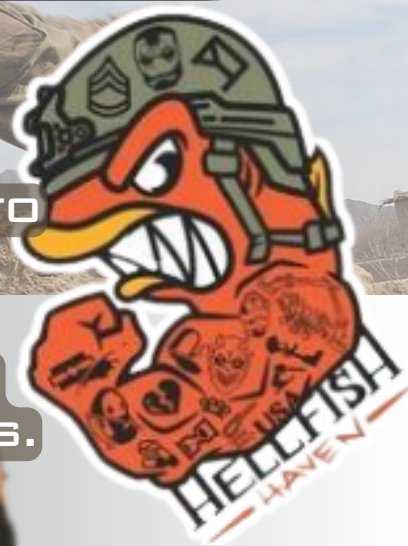
# HELLFISH HAVEN'S AMMO CAN OF HOPE



THE AMMO CAN OF HOPE REPRESENTS HELLFISH HAVEN'S ROBUST COMMITMENT TO PROVIDING AID, RECOVERY, AND STEADFASTNESS TO OUR ESTEEMED VETERANS. OUR APPROACH ENTAILS FURNISHING PRACTICAL RESOURCES AND DEVELOPING A SECURITY STRATEGY TO ASSIST OUR VALIANT HEROES IN COMBATING DEPRESSION, ISOLATION, AND SUICIDE.

## WHAT'S INSIDE?

- UTILIZE A NOTEPAD TO DOCUMENT REASONS TO LIVE, ASPIRATIONS, AND POSITIVE AFFIRMATIONS.
- COMPILE A PHOTO ALBUM AND REFLECT UPON PAST MEMORIES AND MOMENTS OF HAPPINESS.
- COLLECT SMALL ITEMS THAT BRING JOY AND STORE THEM IN A DESIGNATED BOX.
- RETRO VIDEO GAME EMULATOR & OTHER MINDFULNESS + POSITIVE AFFIRMATION ITEMS



## HERE ARE THE STEPS INVOLVED:

- HELLFISH HAVEN WILL PROCURE SECOND-HAND AMMO CANS FROM THE LOCAL ARMY/NAVY STORES.
- EACH CAN WILL BE FILLED WITH ITEMS THAT PROMOTE HEALING, INSPIRATION, AND POSITIVITY.
- THE NAME OR COMPANY OF THE SPONSOR WILL BE TAGGED ON EACH SPONSORED CAN.
- INDIVIDUALS SUCH AS VETERANS, FAMILIES, AND COUNSELORS CAN REQUEST AN "AMMO CAN OF HOPE."

