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THE SECOND ISSUE

# HELLFISH HAVEN SITREP

A NEWSLETTER FOR THE HELLFISH COMMUNITY



# W.A.R.



## [WE ARE RESILIENT]



## Wednesday Night W.A.R.

Dear Hellfish Haven Community,  
I hope this message finds you all in good health and high spirits. As the Founder of Hellfish Haven, I'm excited to introduce our latest initiative that we have been working on for quite some time. It gives me great pleasure to introduce our new weekly live podcast, W.A.R. (WE ARE RESILIENT), in collaboration with Oscar Mike Radio. The podcast aims to address various issues that affect the Veteran community, ranging from suicide prevention, nonprofit overload, VA care & benefits, to fielding questions from the community. Our primary goal is to create a safe and inclusive space for Veterans to share their experiences, connect with one another, and provide solutions to the problems we face.

At Hellfish Haven, we believe that Veterans are the backbone of our nation, and it's our duty to support them in any way possible. W.A.R. is just one of the many ways we're striving to serve our community better.

We're thrilled to invite Veterans from all walks of life to join the discussion and share their insights. We're confident that with your support, we can create a platform that drives positive change and brings hope to those in need.

We look forward to hearing from you and encourage you to stay tuned for our upcoming episodes. Thank you for your unwavering support.

Best regards,  
Mike Geary SFC(R)  
Founder & Managing Director, Hellfish Haven

### *What's in this issue:*

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MASSACHUSETTS  
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HEALTH  
HELP LINE**

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# Our Motto, Our Mission Explained

BY MIKE GEARY SFC(R)  
FOUNDER & MANAGING DIRECTOR

Silencing the stigma surrounding mental health issues for military veterans requires a multi-faceted approach that involves education, advocacy, and support. Here are some steps that can be taken to reduce stigma and increase access to care for veterans:

**Education and Awareness:** Providing education and raising awareness about the prevalence and impact of mental health issues among veterans can help to reduce the stigma and misunderstandings surrounding these conditions. This can be done through public campaigns, informational materials, and community events.

**Support from Peer Networks:** Peer networks can be an effective way of providing support and reducing stigma among veterans. These networks can provide a safe and supportive space for veterans to share their experiences, connect with others, and receive support and encouragement.

**Advocate for Mental Health Services:** Advocate for increased access to mental health services for veterans, including counseling, support groups, and medication management. Encourage veterans to seek help and support when needed, and emphasize that seeking mental health care is a sign of strength and courage.

**Encourage Open and Honest Conversations:** Encourage open and honest conversations about mental health and help to break down the stigma and shame that can often surround these issues. This can be done by having candid conversations with family members, friends, and colleagues, as well as through public forums and media outlets.

**Work with the Military and Veterans' Organizations:** Work with military and veterans' organizations to address the stigma surrounding mental health in the military community. These organizations can provide resources, support, and advocacy for veterans, and can also help to raise awareness about the importance of mental health care for veterans. By working together, we can help to reduce the stigma surrounding mental health issues for military veterans, and increase access to care and support for those who have served our country.

HELLFISH



HAVEN

## SILENCE THE STIGMA

Silencing the stigma surrounding mental health issues for military veterans requires a multi-faceted approach that involves education, advocacy, and support. Here are some steps that can be taken to reduce stigma and increase access to care for veterans:

### EDUCATION AND AWARENESS

Providing education and raising awareness about the prevalence and impact of mental health issues among veterans can help to reduce the stigma and misunderstandings surrounding these conditions. This can be done through public campaigns, informational materials, and community events.

### SUPPORT FROM PEER NETWORKS:

Peer networks can be an effective way of providing support and reducing stigma among veterans. These networks can provide a safe and supportive space for veterans to share their experiences, connect with others, and receive support and encouragement.

### ADVOCATE FOR MENTAL HEALTH SERVICES

Advocate for increased access to mental health services for veterans including counseling, support groups, and medication management. Encourage veterans to seek help and support when needed, and emphasize that seeking mental health care is a sign of strength and courage.

### ENCOURAGE HONEST CONVERSATIONS

Encourage open and honest conversations about mental health and help to break down the stigma and shame that can often surround these issues. This can be done by having candid conversations with family members, friends, and colleagues, as well as through public forums and media outlets.

### WORK WITH MILITARY AND VETERANS' ORGANIZATIONS:

Work with military and veterans organizations to address the stigma surrounding mental health in the military community. These organizations can provide resources, support, and advocacy for veterans, and can also help to raise awareness about the importance of mental health care for veterans.

There is hope. Talk with us.

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# Veterans Upward Bound Suffolk University Boston

BY MIKE GEARY SFC(R)

FOUNDER & MANAGING DIRECTOR

The Veterans Upward Bound (VUB) program is a federally funded program designed to provide academic and support services to eligible veterans who want to enroll in postsecondary education programs. Over the last quarter we have joined and grown our partnership with Veterans Upward Bound. From Peer Social Events for students to hosting Nick the head honcho of VUB Boston on W.A.R. [We Are Resilient] Podcast to explain his program and how it helps Veterans on more than just classes.

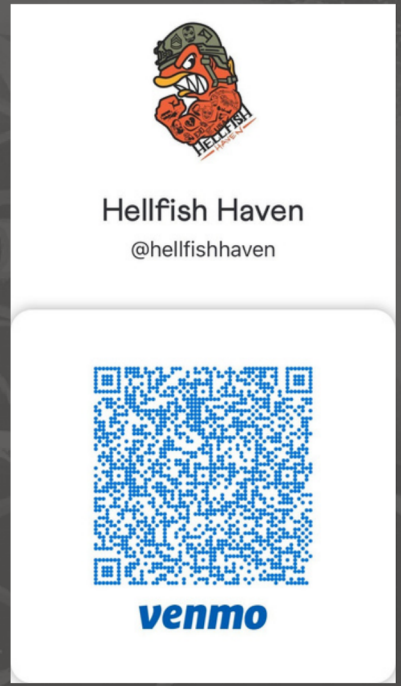
Here are the top five reasons why veterans should participate in the VUB program:

1. **Access to Academic Support:** VUB provides a range of academic support services, including tutoring, academic advising, and assistance with financial aid applications. These services can help veterans overcome academic barriers and succeed in their postsecondary education pursuits.
2. **College Preparation:** VUB helps veterans prepare for the rigors of college coursework by providing instruction in basic academic skills, such as math, science, writing, and study skills. This preparation can help veterans feel more confident and prepared as they enter college.
3. **Career Guidance:** VUB also provides career guidance and exploration services, including assessments, counseling, and referrals to job training programs. This can help veterans identify potential career paths and pursue the education and training they need to achieve their career goals.
4. **Peer Support:** VUB provides a supportive and inclusive environment for veterans, where they can connect with peers who share similar experiences and challenges. This peer support can be invaluable in helping veterans navigate the transition to college and overcome any obstacles they may face.
5. **Financial Assistance:** In addition to academic and support services, VUB also provides financial assistance to eligible veterans. This can include assistance with tuition and fees, textbooks, and other educational expenses, which can help to reduce financial barriers to pursuing higher education.

Overall, the VUB program can provide a range of benefits and support services to eligible veterans who want to pursue higher education. From academic support and career guidance to peer support and financial assistance, VUB can help veterans overcome barriers and achieve their academic and career goals.



# HELLFISH HAPPENINGS



## HIDDEN BATTLES FOUNDATION

# 22 FOR THE 22

## 5.20.23

### WALK, RUN, RUCK

5K  
10K  
22K

END VETERAN SUICIDE  
YOUR DISTANCE, YOUR PACE

W/ FREE LUNCH  
LIVE MUSIC

\$25



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## HEBRON COMMON

7 SCHOOL STREET HEBRON, NH

FOR MORE DETAILS: WWW.HIDDENBATTLESFOUNDATION.ORG

PROUD PARTNER



## QPR GATEKEEPER TRAINING

Before dying by suicide many people send warning signs that they are contemplating ending their own lives. As a professional who may have contact with those considering suicide, your conversation with them can help save a life. Learn what to say and do to reduce the risk of a suicide attempt by offering meaningful emotional support while creating a safe path to recovery from a life-threatening crisis.

*This skills-based training program is designed to teach those in the helping professions how to recognize people in crisis, identify suicide warning signs, and apply the mental health equivalent of CPR to someone who may be at risk of suicide. This training program is intended to prevent suicide not just among patients, but among employees, colleagues, co-workers, friends, and family members.*

### WHAT IS A GATEKEEPER

A gatekeeper is anyone who has been trained to recognize the warning signs of a suicide crisis, and because they have been trained in suicide prevention, knows how and where to find help. Gatekeepers may be medical professionals, social workers, police officers, clergy, teachers, coaches, and parents.

What do these warning signs look like?

- Hopelessness
- Alcohol and substance abuse
- History of trauma or abuse
- Previous suicide attempt
- Family history of suicide
- Job, financial, or relationship loss
- Taking unnecessary risks
- Loss of interest in appearance
- Trouble eating or sleeping
- Exhibits drastic change in behavior or mood
- Social isolation/withdrawing from friends or family
- Access to lethal means
- Recent loss of a loved one
- Unexplained anger/aggression
- Loss of interest in activities
- Talking about wanting to die
- Giving away prized possession

### WHAT IS QPR?

QPR-Question, Persuade, Refer is an evidence-based, suicide prevention intervention developed by Dr. Paul Quinnett of the QPR Institute. Just like CPR, QPR is a lifesaving, emergency intervention for someone in crisis. It was developed to teach anyone who takes the training to be able to recognize the warning signs that a person might be considering suicide. QPR is not therapy. QPR teaches the following skills:

**Question**-How to ask a person if they are considering suicide.



**Persuade**-How to convince someone to get help.



**Refer**-How to refer someone to the appropriate resource.



Interested in bringing QPR to your group or organization?  
EMAIL: [BMG@HELLFISHHAVEN.ORG](mailto:BMG@HELLFISHHAVEN.ORG)

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