

From: Hidden Wounds <contactus@hiddenwounds.org>

To: Kester, Tonykester@aging.sc.gov

Date: 5/2/2015 7:05:40 AM

Subject: Support Veterans fighting PTSD on May 5th

Dear Tony,

Everyday 22 veterans die by suicide, everyday. That's one suicide every 65 minutes. In fact, in recent years, military suicide deaths have surpassed combat deaths.

Up to 20 percent of veterans who served in Operation Iraqi Freedom or Operation Enduring Freedom have suffered from post traumatic stress. 23 percent of women in the military have reported being sexually assaulted while in the military. 55 percent of women and 38 percent of men have experienced sexual harassment while in the military.

Shocking numbers. Even more shocking is that there are so few resources for our veterans to heal. The mission of Hidden Wounds is to provide interim and emergency counseling services to ensure the psychological health and well-being of veterans and their families.

We have helped more than 3,000 veterans receive mental health treatment. More than 20,000 group and private counseling hours have been provided to veterans and their families.

Everyday more help is needed.

On Tuesday, May 5, 2015, the Central Carolina Community Foundation is sponsoring the second Annual Midlands Gives Day. The goal for this day is to raise as much money for Midlands nonprofits as possible in a 24 hour period. The event will start at 12:00AM (midnight) and go through 11:59PM. We are excited to report we already have an anonymous donor willing to match up to \$1,000. Help us hit that goal and then some!

All donations must be made online using a credit card at the Midlands Gives website. When you make a donation on this day, all of the proceeds will go to the designated nonprofit. You can go through and look for our link or you can directly click here **Midlands Gives to Hidden Wounds**.

Your donation on May 5th will help us further our mission of providing vital mental health services to veterans and their families. You can help ease the pain of a soldier, the worry of a mother and the grief of a child. Please, consider making a contribution that is significant to you to help us reach our goal of \$5000 during this year's Midlands Gives. For more information please visit our **website**. You can also check out our **Facebook** or our **Twitter** pages for updates.

Thank you for your support!

Sincerely,

Team Hidden Wounds

Hidden Wounds

803-403-8460

info@hiddenwounds.org

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