

A WELLNESS RESOURCE GUIDE FOR VETERANS

BVN

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VETERANS AND THE CHALLENGES OF CIVILIAN LIFE

All too often, stereotypes portray veterans as broken, beat down, dangerous members of society when in reality, most veterans are genuinely struggling to transition out of the military successfully. Whether combat or non-combat, veterans undergo a process of breaking down their “military self” and reconstructing a new civilian lifestyle that most people cannot begin to understand. Devastatingly, this process of re-adjusting to civilian life can prove fatal, with veterans becoming addicted to deadly pharmaceuticals, getting arrested, experiencing homelessness, deteriorating mental health, and ultimately taking their lives.



2.4X MORE

VETERAN SUICIDE RATES THAN PREVIOUSLY REPORTED

6,146 VETERAN

SUICIDE DEATHS IN 2020

40% DECREASE

IN ODDS OF SUICIDE/SIM IF VETERAN LIVES WITH A PARTNER

44 VETERANS

DIE PER DAY BY SUICIDE

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UNCONVENTIONAL HEALING FOR CONVENTIONAL FORCES

Balanced Veterans Network bridges the gap in resources for “conventional forces” or non-combat non special operations forces. The veteran resource space is inundated and over-saturated with support and resources for combat veterans and special operators, but sparse for the remaining 90% of veterans.

WE WELCOME AND SERVE ALL VETERANS.

“Prioritizing mental health is vital to living a balanced life. Current medical research has proven that non-traditional therapies can help treat mental health issues such as PTSD, anxiety, depression, and chronic pain. These issues are prevalent in the veteran community, which has been struggling to find a viable long-term solution.

We are here to break the stigma around mental health by educating and empowering Veterans and their families to try different modalities that challenge and strengthen the mind.”

Ron Millward | Founder & President
Balanced Veterans Network



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65%

OF VETERANS SEEKING MENTAL
HEALTH TREATMENT HAVE TRIED
AT LEAST ONE FORM OF
ALTERNATIVE THERAPY



THE HOLISTIC APPROACH

U.S. Veterans are increasingly investigating complementary or alternative treatment options like yoga, exercise, acupuncture, meditation, breathwork and plant medicine to help manage and treat mental health issues, such as PTSD, anxiety, depression, and chronic pain. Physicians and treatment experts recognize the value of these alternatives. As a result, the impulse to medicate patients is slowly fading as some physicians are beginning to recommend complementing psychotherapy with non-traditional therapies.

Our team at **Balanced Veterans Network** firmly asserts that mental freedom is possible to achieve. Living a balanced life and thriving is possible, and many tools and practices can help along the way. We encourage veterans to lean into some of our organization's opportunities and the education and tools you can use to help.





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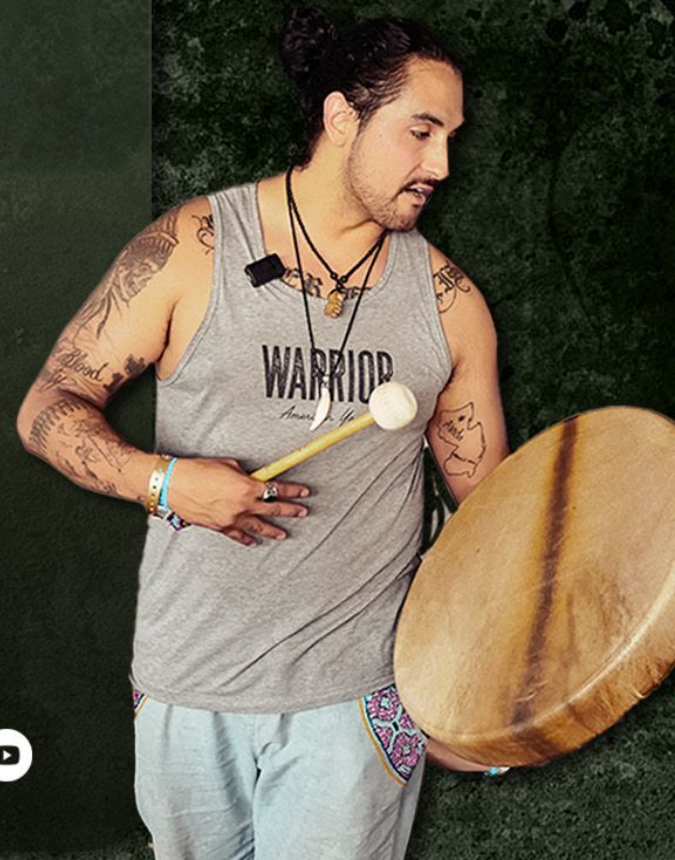
BALANCED VETERANS NETWORK

The Balanced Veterans Network (BVN) is a 501(c)(3) non-profit organization (EIN: 84-1854742) that provides education, advocacy, and empowerment of alternative therapies for veterans and their families. We are a community that shares knowledge and camaraderie to combat the suicide epidemic, addiction, homelessness, and loss of purpose after leaving the military service. Finding balance in life is a mental, physical, and spiritual journey.

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3K

COMMUNITY MEMBERS
GLOBALLY





HOW WE CAN HELP

Prioritizing your mental health is vital to living a balanced life. We are here to break the stigma around mental health by educating and empowering veterans to try different modalities that challenge and strengthen the mind. Mental Wellness is more than a community; it's a way of life where we grow our mental resilience. Exploring these often foreign topics can be incredibly overwhelming. Our resource network provides a simplified, carefully vetted, and thorough introduction to many of these modalities in an effort to ease the exploration and implementation of complementary therapies in the shift to a more balanced lifestyle.

OUR INITIATIVES



Mental Wellness

Support community, wellness classes, meditation & mindfulness, sound therapy, talk therapy resources, equine therapy, and peer support groups.



Operation 1620

All things cannabis, home grow mentorship, MMJ card reimbursements, MMJ certification assistance, curated educational resources, and tool kit giveaways



Movement

Intro to wellness classes in: Fitness, Yoga, Breathing, and Equipment Giveaways.



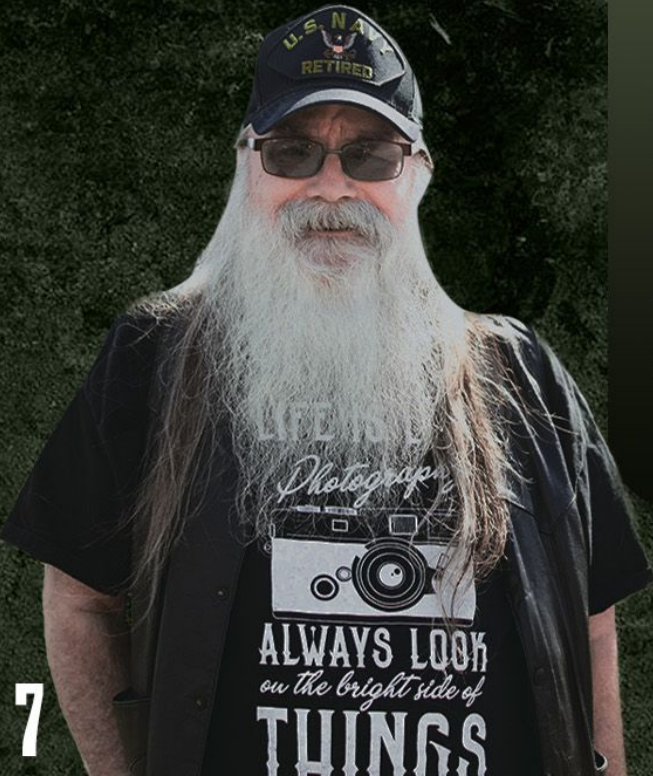
Project Triangle

Education and resources around psychedelic assisted therapy.



600+

HOURS OF WELLNESS
THROUGH EDUCATIONAL
COURSES



SPONSOR HEALING VETERANS

Our mission is to educate, advocate, and ensure access to alternative therapies for veterans and their families. Let's join together, serve the veteran community, and save lives through our Mission and your Vision while maximizing the value of your gift to the **Balanced Veterans Network**.

Life Saving Programs

for all veterans

Education and Community Platform

operation and security

Support Veteran Volunteers

as they give back to our community

Advocate for Our Country's Heroes

through government, bureaucracy, medical professionals, and publicity

Curated, Current and Applicable Resources

ensured to all veteran members

SPONSOR

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SUPPORT AND DONATE TO HEALING VETERANS

Your support will enable us to continue our mission and to continue improving conditions and programs for veterans in need. We have multiple alternative therapy programs in development, and we have a lot of goals to continue advancing and helping our community find freedom.



WE HAVE VARIOUS WAYS YOU GET INVOLVED

DONATE

CONTACT US

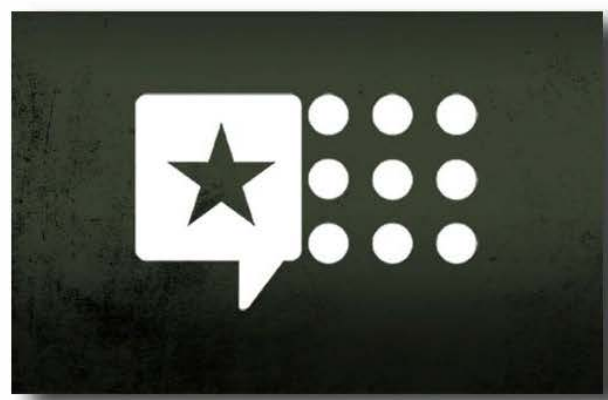
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RESOURCES



REFERENCES

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- <https://cannabiscreativemovement.com/>



A Wellness Resource Guide for Veterans is brought to you in collaboration with **Balanced Veterans Network (BVN)** a 501(c)(3) non-profit organization (EIN: 84-1854742). We are encouraging those who enjoy this guide to donate to BVN which provides education, advocacy, and empowerment of alternative therapies for veterans and their families. This guide is part of a guide series conducted by the **Cannabis Creative Movement**, which is a joint effort fueled by **PufCreativ** and **The 9th Block** agencies.