

Wellness for Warriors: Developing and Disseminating a Veteran-centric Wellness Guide

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What Is the Purpose of the Study?

- To partner with veterans to design and disseminate a Veteran-centric Wellness Guide comprising activities from positive psychology science.

What Is the Problem?

- Veterans experience greater mental health needs than the general public.
- Veterans face several barriers to mental health treatment, including stigma and time constraints (e.g., childcare, taking time off work, transportation).

What Are the Findings?

- Veterans wanted to know more about sleep and to be directed to additional mental health resources.
- Veterans preferred realistic images and direct language and provided examples relatable to the veteran experience.
- The Veteran Engagement Group was essential in developing and disseminating a self-help, veteran-centric Veterans' Wellness Guide.
- Veterans found the guide to be useful and would recommend the Veterans Wellness Guide to other veterans.

Who Should Care Most?

- Veterans.
- Veterans' family and friends.
- Mental/behavioral health professionals who serve veterans.
- Veteran Service Organizations.

Recommendations for Action

- Mental health clinicians, educators, and researchers should establish collaborative partnerships with veterans to develop culturally informed mental health resources.
- Dissemination of mental health resources for veterans should involve the Veterans Health Administration, Veteran Service Organizations, and community partners.