EMORY HEALTHCARE
Veterans Program

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Anniversary Series: Celebrating a Decade of Healing & Growth



Supporting Healing and Honoring Service

"Emory Healthcare Veterans Program didn't just help me heal, it gave me my life back. For the first time in years, I could laugh with my kids, sleep through the night, and see a future worth living for." — Army veteran and graduate of our accelerated treatment program.

May is both **Mental Health Awareness and Military Appreciation Month**—a time to honor the courage, sacrifice, and resilience of those who've served. Unfortunately, for many veterans and service members, the disruptive impact of their traumatic experiences can remain long after their time in uniform. Trauma, stress, and other invisible wounds can make everyday life feel especially challenging.

At the Emory Healthcare Veterans Program, we've been honored to hear that our highly effective mental health care treatment program has restored families, rebuilt relationships, and helped our heroes find joy and purpose in their lives.

To commemorate Mental Health Awareness Month, we're highlighting simple, everyday ways to support your mental health. These quick techniques help calm your body, clear your mind, and help you feel more grounded.

We honor and appreciate military men and women every day by helping them heal, grow, and live the lives they envision. Together, we can break the stigma around mental illness and offer every hero the support they need.

This month, we are proud to feature two of our graduates, Army veterans Sam and Kate Finney, who took the brave step of prioritizing their mental health. They found new strength through our accelerated treatment program. Read their story below.

Love, Marriage, & Mental Health: Veterans Sam & Kate Find Support After Service



After serving in the Army and then transitioning back into civilian life, veterans Sam and Kate found themselves overwhelmed by the demands of raising a young family while harboring invisible wounds.

Sam coped with depression and loss with alcohol, convincing himself that as long as he performed well at work, nothing was wrong. Kate struggled to understand her isolation, grief, and growing anger. Without a structured military routine, the cracks in their lives grew impossible to ignore.

"I had all the time in the world with my family, yet I was miserable," Sam said. It wasn't until a routine health screening that he finally admitted the truth: he needed help.

Sam was referred to the Emory Healthcare Veterans Program's two-week accelerated treatment program. He was assessed and offered acceptance into the program. Upon his graduation, Sam described his experience as "life-changing." "I honestly don't think I would have stuck with traditional therapy," Sam shared. "But with this model, there was only one option—commit."

Taking time to understand and talk through his trauma was pivotal for Sam. When he returned home, he told Kate, "it's nothing short of life-changing." Since treatment, instead of avoiding difficult situations or relying on alcohol to cope, Sam faces challenges head-on.

Recognizing the changes in Sam, Kate bravely reached out to the Emory Healthcare Veterans Program and was accepted. Through the program, she uncovered deep-seated emotions that she hadn't realized were affecting her. She learned new ways to manage anger, practice self-compassion, and rebuild resilience.

"I am so impressed by the caliber of individuals who helped us at the Emory Healthcare Veterans Program," says Kate. "I encourage

anyone who feels like they could be a little better to apply. If life is feeling really hard, it doesn't have to be that way. Everyone deserves help."

The Emory Healthcare Veterans Program gave Sam and Kate the tools and support to heal—and opened the door to a stronger, more connected life together.

Read the full story to learn how Sam and Kate found healing, hope, and a fresh start.

Read Now

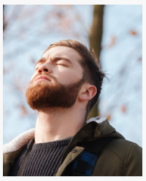
Quick and Simple Tools to Support Your Mental Health

Mental Health Awareness Month is a great time to try a few simple strategies that can make a big difference in everyday life. Whether you're navigating a stressful day, having a difficult conversation, or simply need a moment to reset, these easy techniques can help you feel calmer, clearer, and more grounded:



Box Breathing
Calm your nervous system in the moment by inhaling for 4 seconds, holding your breath for 4, exhaling for 4, and holding for 4.

Repeat this cycle a few times or until you feel calm.



5-4-3-2-1 Grounding
Bring yourself back to the present by naming 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.

Express gratefulness for these sensations.



Progressive Muscle Relaxation
Gently tense and then release your muscles. For example, clench your fists for 5 seconds, then release.

This helps release built-up tension.



Name the Thought
Notice and label thoughts (e.g., "That's worry" or "That's self-criticism") to reduce their power and avoid spiraling.



Self-Compassion Pause
In stressful moments, place your hand on your chest and offer yourself kind words, like you would to a friend: "This is hard, but I can get through this."

Remember, small steps can make a big difference. Try out a couple of these techniques the next time you're feeling stressed. The more you practice, the easier they become. Taking care of your mental health doesn't have to be complicated, and little moments of care really do add up.

Transform Lives

Your donation today makes healing possible for post-9/11 veterans and service members in need.

Give Here

Share Hope With Others

Spread the word about our mission and inspire others to join us.

Share Our Story

Celebrate With Us

Mark your calendar for November 13, 2025 to celebrate a decade of healing and growth with us! The location and time of the event is still to be determined, but will be announced in future monthly anniversary emails like this one.

Save the Date

Get Help

If you or someone you know is struggling, take the first step toward healing. Call 888-514-5345 to speak with a veteran care coordinator or fill out this confidential form and we will contact you.

Get Help Today

Keep an eye out for these monthly emails, highlighting a new veteran or service member in each edition.

Read Our Impact Report



We heal our nation's heroes. Learn more about the transformed lives our patients enjoy in our Impact Report.

Read Now

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