



OPERATION SAVE THE NUMBER

Warrior Retreat at Bull Run

16013 Waterfall Rd
Haymarket, VA 20169



THE WARRIOR RETREAT BULL RUN

The Retreat is a tranquil and picturesque 37-acre Home Away From Home in the foothills of historic Bull Run Mountain in Haymarket, Virginia. Our primary goal is to offer wounded, ill, and injured recovering warriors and disabled Veterans a chance to take a break from their medical centers. We provide them and their families a five-night respite stay, allowing everyone to unwind, strengthen their connections, and savor precious moments together. The property currently features two five-bedroom homes that accommodate Warrior families, and we have begun to construct the new 6-bedroom PenFed Grand Lodge to further expand our capacity. The new lodge will allow us to offer more programs for Veterans and the community.



The Warrior Retreat at Bull Run serves as a beacon of hope and healing for Wounded Warriors, providing a respite from the physical and emotional challenges they may face. By offering a peaceful and supportive environment, therapeutic programs, and a strong sense of community, the Retreat empowers Wounded Warriors and Veterans to reclaim their lives, rediscover their purpose, and embark on a path toward a brighter future.



ANDROID

- Open the Contacts app
- Tap Add or the + sign
- Enter the contact name, *Veteran Help*
- Enter the number 988
- Press the comma key to add a 2 - second pause
- Enter the number 1
- Save the contact

Veteran suicide rates remain alarmingly high, serving as a distressing reminder of the urgent need for intervention. In the United States, it is estimated that an average of 17-24 Veterans die by suicide each day. Many Veterans experience conditions such as post-traumatic stress (PTSD), depression, anxiety, and substance abuse disorders. These conditions can be triggered by combat exposure, trauma, or the challenges of reintegrating into civilian life. The consequences of Veteran suicide are far-reaching. Families, friends, and communities suffer profound grief and loss.

A SMARTPHONE

The newly established Suicide Hotline number, 988+1, provides direct access to a Veteran counselor when dialed. It is important to spread awareness of this number among fellow Veterans by asking them to save it on their phones. Some Veterans might initially resist the idea, believing they don't need help. If you encounter such resistance, express your concerns but also suggest that they keep the number saved in their phone, as they may come across other Veterans who genuinely need it and can benefit from sharing it.

Some Veterans may hesitate to seek help due to the fear of stigma, concerns about career prospects, or a lack of awareness regarding available support services. Limited access to mental health resources exacerbates this challenge. We all want to do what we can for our buddies and fellow Veterans. If you cannot answer the call, having them dial 988+1 connects them directly to a VA counselor who can help.

IPHONE

- Open the Contacts app
- Tap Add, or the + sign
- Enter the contact name, *Veteran Help*
- Enter the number 988
- Press the + * # in the bottom left corner
- Press the pause button to add a 2 - second comma
- Enter the number 1
- Save the contact

Veteran suicide remains a pressing issue demanding concerted efforts from our government, communities, and society. By prioritizing mental health support, reducing stigma, and implementing targeted prevention strategies, we can honor the service and sacrifice of Veterans and ensure they receive the care and assistance they need to lead fulfilling lives beyond their military service.