



SERVING VETERANS AND THEIR FAMILIES

55 Bank Street | Sussex, NJ | 07461 | 973-875-2068 | EIN 81-1804210

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### “IMAGINE”

Imagine that you were in the military and were deployed to a combat zone...let's just say it was Afghanistan. Your tour of duty was 8 months but it was then extended to 12 months. During that time, you witnessed some of the most horrific sights imaginable... some of your buddies were killed right before your eyes. You were killing people you didn't know for reasons beyond your comprehension.

Now imagine the terror of facing this day in and day out for all of those months. Perhaps you too were wounded and at the very least, you suffered traumatic brain injury and/or Post Traumatic Stress Disorder...but you are alive and going home at last.

Everything is just fantastic when you get home, except that you brought the war home with you. In your mind, you are, at times, still in the combat zone. You try to hide it, but it gets so bad that you can't escape the terror and the pain of what you went through.

So, as often times happens, you lash out at the ones who love you...you are, at times, hostile, threatening and downright dangerous to their wellbeing. But you can't stop. You can't get the war out of your head. What to do? Alcohol is a start. It helps a bit, but heroin is better.

Now imagine you are only 24 years old. You have been asked to leave the home where you lived with family for all of your life. You are now homeless, addicted, terrified and alone. Any little thing can set you off and your head is exploding with the visions and thoughts of the war you brought home with you.

You need help, but most don't want to deal with you because you are volatile, perhaps dangerous and a drug addict. Your own family abandoned you, not because they don't love you, they just don't understand PTSD and fear for their own safety. They too are lost.

“I'm sure you think this story is fiction, but it's not...this is my story. I'm the person going through this. I live in New Jersey and I'm terrified that I won't make it. Thanks to Project Help for all the support I needed”. They saved me when I was living on the streets, withdrawing from heroin, penniless and in total despair. Thank you Project Help”.  
L. C. Military Veteran from New Jersey

These are the types of issues Project Help takes on. This young vet is not a hopeless case because he is still alive and Project Help never forgets about him.

Please give membership a serious consideration and hope to see you soon.

Sandy Mitchell Executive Director



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Greetings Partner in Patriotism,

On behalf of Project Help, allow me to thank you for your time and concern for our Veterans.

I have a few shocking statistics for you to ponder. Did you know that there are approximately 6000 homeless veterans in New Jersey and 22 veterans commit suicide every day?

We invite you to become a member of “Heroes for Heroes”. Through our membership program, Project Help is better able to assist our Veterans. With the added reach of our members, we can do more good and help more veterans in times of need and whittle away at those statistics.

As a member of Heroes 4 Heroes, you become a Special Ambassador for Project Help in helping to spread the word of who we are and what we do. We really need your help with this.

### As a member you get the following benefits:

“Members Only” newsletter and advance notice of events plus volunteer opportunities. You are invited to the annual board meeting “Meet & Greet”, you can make suggestions about fundraising events and other public displays of Project Help. It permits you to take charge of a particular function(s) at events on behalf of the organization and provides you a “Members Only” discount at some events.

- \$25 donation annual** - Provides warm socks and gloves to a Veteran this winter.
- \$50 donation annual** - Provides a gift card for nutritious food for a Veteran.
- \$100 Donation annual** – Provides basic needs including toiletries for a month.

### Geared toward corporations:

- \$250 donation annually** – Provides basic needs including toiletries to a veteran and his/her family for a month.
- \$500 donation annually** - Provides basic needs to a veteran and his/her family for two months.

Our heartfelt appreciation for your participation in this noble project.

Sandy Mitchell  
Executive Director



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## Membership Application

F. Name: \_\_\_\_\_ L. Name \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_ DOB \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Are you in the Military? \_\_\_\_\_ Branch \_\_\_\_\_ Rank \_\_\_\_\_

Are you a Veteran? \_\_\_\_\_ Branch \_\_\_\_\_ Rank \_\_\_\_\_

What do you like to do for fun? \_\_\_\_\_

Do you have any special skills or talents? \_\_\_\_\_

If you have children, would you like to get them involved in helping veterans? \_\_\_\_\_

Would you like events for them to come and meet the vets and have fun with them? \_\_\_\_\_

Would you like to be considered as a volunteer, committee or board member? \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Dollar Amount: \$ \_\_\_\_\_ Check number/Paid online \_\_\_\_\_

Please make check payable to Project Help and mail it with this form to:

Project Help

55 Bank St.

Sussex, NJ 07461

Or Pay online (fees apply) at

<https://projecthelp.networkforgood.com/admin/causes/5633-project-help/projects/46531-heroes4heroes>

Fill out the required info online and submit it. Dues are annual on your anniversary date. You have the option to auto renew if you pay for your dues online at the above link.

Thank you for your support of Project Help and our veterans and their families.