

Help Heal Veterans Hosts #VigilforValor to Honor Military Lost to War and Suicide

Virtual Candlelight Event Honors Memorial Day and Mental Health Awareness Month

SAN DIEGO, CALIF., USA, April 29, 2021 /EINPresswire.com/ -- [Help Heal Veterans](#) (Heal Vets) will host a month-long virtual candlelight vigil in May to honor service members who have fallen in battle and military members who served honorably in war and fell victim to suicide later due to the invisible scars of combat.

Help Heal Veterans is a nonprofit that provides free therapeutic arts and crafts kits to veterans and active duty military who are suffering from the physical, psychological and emotional wounds of war, such as depression, post-traumatic stress disorder and traumatic brain injury.

[#VigilforValor](#) kicks off May 1, the start of Mental Health Awareness month, and concludes on May 31, Memorial Day. The United States has suffered more than 100,000 military casualties of war since 1950, and in the last 10 years we've lost more than 65,000 veterans to suicide.

"Our hope is to shine a light on the remarkable lives of those who have been lost," said Joe McClain, retired Navy captain and Help Heal Veterans CEO. "Often times we honor the war dead as a group and not as individuals. This year, we want to give people an opportunity to learn about the remarkable lives represented by people who have paid the ultimate price for this country."

Participants in #VigilforValor will:

1. Create a candleholder, either of their own design or one made from a kit provided by Help Heal Veterans for a \$20 donation. (Note: a large number of candle kits will be provided free of charge to select veterans/active-duty service members).
2. Customize the candleholder for the individual they wish to honor with a photograph, drawing, patch or other item. Those who don't have someone in particular they wish to remember are encouraged to reach out in their community, school, church or search local news to find someone to honor.
3. Light a candle and share a picture of it along with their story on Twitter, Facebook or Instagram using the hashtag #VigilforValor so we may pay tribute to them together.

For 50 years, Help Heal Veterans has been using craft therapy to help veterans and active-duty

military heal the invisible wounds of war.

“We have seen first-hand the healing power of crafting,” said McClain, “and it has been especially important over the past year, when isolation placed an extra burden on recovering veterans and military and the usual sources of support were not always available or accessible.”

Studies show that crafting can provide therapeutic and rehabilitative benefits, including improving fine motor skills, cognitive functioning, memory and dexterity, and can help alleviate feelings of anger and the severity of negative behaviors triggered by PTSD and TBIs.

To learn more about Heal Vets and the organization’s COVID-19 efforts, as well as find out how you can help, visit [HealVets.org](https://www.HealVets.org).

Veterans who are in a crisis and need support can go to <https://www.veteranscrisisline.net> or call 1-800-273-8255 and press 1.

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About Help Heal Veterans

First established in 1971, Help Heal Veterans has provided free therapeutic arts and crafts kits to hospitalized and homebound veterans for generations. These craft kits help injured and recuperating veterans improve fine motor skills, cognitive functioning, manage stress and substance abuse, cope with symptoms of PTSD and TBI, while also improving their sense of self-esteem and overall physical and mental health. Most of these kits are developed, manufactured and packaged for delivery at our production center headquartered in Winchester, California. Since inception, Help Heal Veterans has delivered nearly 31 million of these arts and crafts kits to veterans and veteran facilities nationwide, along with active duty military overseas.

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