

22 ZEROTM **HEALING THE HERO**

***PTS IS AN INJURY THAT
CAN BE HEALED***

What is the process?

Our trained coaches will lead you through structured visualization exercises in just 2-4 convenient, online remote sessions from the comfort of your home, each lasting an hour. These exercises help separate the emotions from the traumatic memory, allowing your brain to store them in a healthier way - away from the stress response area.

You NEVER talk about the event itself with your peer coach!

Is it confidential?

YES! Your participation in the process is not reported to anyone - not to the VA, not to your employer, not to anyone.

Who do we serve?

Veterans, First Responders, their spouses and minor children, and Gold Star Families.

What does it cost?

It is 100% free to those we serve.

1-800-221-9154



**OVER 10,000
HEALED!**

**Call 1-800-221-9154
gethealed@22zero.org**

186 5-STAR GOOGLE REVIEWS

As of 13 April 2025

“... The biggest take away for me is finally sleeping through the night, in deep sleep. This process is easy, simple, and you don't have to reveal anything personal to anyone”. - Eric H.

“... I didn't have to relive anything. I trusted the process. It took a few sessions. But it freakin' WORKED!! Today I have zero anxiety. I have zero PTSD. I have zero depression. I can finally sleep at night.” - Danny D.

“... to all my brothers and sisters who served and struggle with PTSD, Trauma, or negative emotions, "Try 22Zero!! You have NOTHING TO LOSE and EVERYTHING TO GAIN!!!" - Shawn B.

“He gets to finally live rather than just resisting the desire to die”. - Jessica M.



**Check out our
website and
get support at
22ZERO.ORG**



Heroes Wellness Collective Partner



Face the Fight Coalition Partner



Tennessee Governor's Challenge for Suicide Prevention Committee Member

In Partnership with Special Forces Foundation, SHEEPDOG the Movie

In process of Memorandum of Understanding with Alabama National Guard and Pennsylvania National Guard