



Helping you take command of your life

The Illinois Warrior Assistance Program (IWAP) provides confidential assistance for Illinois veterans to help them meet the challenges of their everyday life. IWAP is also available to family members including the spouse and child(ren) of eligible veterans.

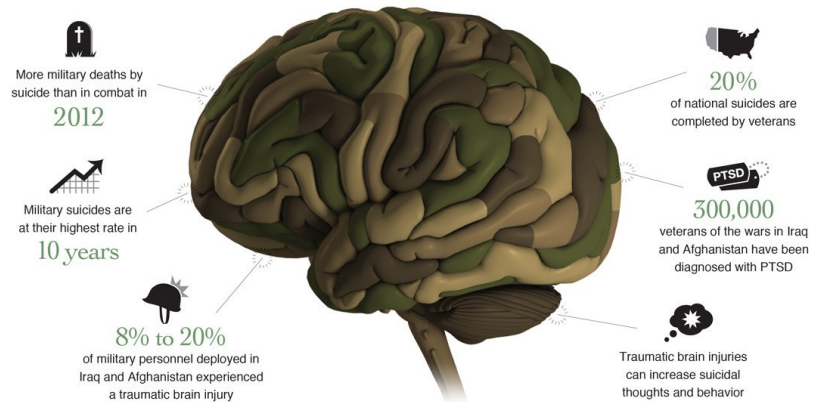
Our goal is to help service members and their families deal with the emotional challenges they may be facing, especially when dealing with emotional challenges and struggles such as:

- Post Traumatic Stress (PTS)
- Mild Traumatic Brain Injury (TBI)
- Military Sexual Trauma (MST)
- Anxiety
- Stress
- Depression
- Coping with daily emotions
- Addictions and Substance Abuse
- Overall emotional wellness

A focus on you

Many veterans experience unexpected challenges and you may not be feeling your best. Assistance to address these challenges is readily available. The Illinois Warrior Assistance Program is here to help 24/7. Call **877-455-IWAP (4927)** now to get the help that you so richly deserve or visit www.illinoiswarrior.org.

A VETERAN'S WORST WOUNDS MAY BE THE ONES YOU CAN'T SEE.



IWAP is a confidential resource provided by the State of Illinois. It is **not** connected to the U.S. Armed Forces or the U.S. Department of Veterans Affairs.

The IWAP warm helpline.

It is **NOT** a hot line, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please call 988 and select 1 or in an emergency call 911.