



## NO ONE FIGHTS ALONE!

We partner with various veteran service organizations and other nonprofits to provide services to every member of the family. We pride ourselves in being able to accommodate disabilities, and will not let a disability stand in our way of success. We also leverage the experts internal to our organization and the experts other veteran service organizations employ to bring a considerable number of resources to bear on any given situation.

At Giving Back, we do not believe any veteran, first responder, or their families should have to fight their mental health battles alone.

Follow us at Giving Back USA on Facebook, and Giving\_Back\_USA on Instagram.

Today's veterans and first responders are more likely to die from suicide than from the hazards associated with their professions. On average, 22 veterans die by their own hand. More than 58,000 veterans have died from suicide in the past 10 years. We owe a tremendous debt to the selfless sacrifices made by our men and women in uniform, and our objective at Giving Back, is to show them how important they are to all of us by providing them with the resources necessary to prevent these needless tragedies.

As a 501(c)(3) nonprofit, donations to Giving Back may be tax deductible to the extent allowed by law.

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# Giving Back To Our Heroes

Giving Back USA  
[www.givingbackusa.org](http://www.givingbackusa.org)

## About Us

Giving Back is a veteran-founded, all volunteer organization dedicated to giving back to our heroes in uniform, both active, and veterans. Located near Martinsville, VA, we provide meaningful cognitive and behavioral supportive therapeutic activities based on proven methods and modalities, as well as outreach initiatives, and crisis intervention.

Our founder, Sean Morrison, has spent his entire adult life in public and military service. After four years in the Marine Corps, Sean returned to his rural Oregon home, where he was a police officer for 2 ½ years before leaving law enforcement to pursue other goals. Sean graduated in August of 2000, with Basic Underwater Demolition/SEAL Training Class 230, and would serve as a SEAL for the next eighteen years, retiring from the SEAL Teams in 2017. After relocating to the Martinsville, VA area, he continued to serve his community as an EMT.

This extensive, and diverse experience gives Sean a unique perspective and insight into the various issues our veterans and first responders face. Having struggled with his own demons, Sean now uses his experiences to help others who are battling theirs. Our staff of dedicated volunteers are seasoned veterans and first responders dedicated to giving back to their community.



Giving Back To Our Heroes



Giving Back is a 501(c)(3) Nonprofit that provides crisis outreach and prevention activities for active duty military, veterans, and first responders, which are used as the catalyst for breaking down barriers and assumptions about mental health therapies and treatment. We use these activities as a means to communicate our experiences, failures, and successes to help our heroes who may be struggling with mental health issues find the right resources so they may continue to engage with, and be a meaningful part of the world around them.

Our properties support a wide variety of outdoor individual and family activities, including hunting, fishing, ATV riding, camping, and more. We use these activities to engage with, and foster a peer supporting peer environment. Our staff of veterans and first responders, can relate to and identify with a wide variety of issues faced by our heroes in uniform.

We are a 100% volunteer organization. Our services and activities are provided at no charge to any veteran, first responder, or their family members, and no one on our staff receives compensation for their participation. Every penny we raise goes directly to supporting our programs and activities.

