



**BLAKE RICHARDSON,
FOUNDER AND PRESIDENT**



VFW Veteran Mental Health Fair



HBOT Chamber at the Hyperbaric Healing Institute in Missouri

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HEALING AND ADVOCACY: HOW HELP OUR HEROES EMPOWERS VETERANS

Blake Richardson, founder of Help Our Heroes and a Marine Corps veteran who served in Iraq and Djibouti, has a vision for the organization that is deeply personal—driven by a desire to help others avoid the struggles he endured, Richardson aims to provide a support system for veterans and first responders facing post-traumatic stress disorder (PTSD), traumatic brain injuries (TBI), and other conditions that lead to isolation, depression, and even suicidal ideation.

Determined to find relief from these conditions himself, Richardson sought alternative therapies like hyperbaric oxygen therapy (HBOT), which significantly improved his symptoms. Inspired by the success of these treatments, he established Help Our Heroes to ensure that veterans, military service members, and first responders have access to evidence-based therapies that offer hope for healing.

Help Our Heroes stands out from other organizations by focusing on practical, results-driven solutions. **Its work centers on three main areas: expanding access to proven therapies, advocating for legislative change, and building community support networks.** Through these initiatives, Help Our Heroes is dedicated to making a tangible impact on the lives of the people it serves.

One of the key therapies championed by the organization is hyperbaric oxygen therapy, which has shown promising results in treating conditions like PTSD and TBI. Help Our Heroes works to expand access to this life-changing therapy through partnerships and advocacy efforts. By collaborating with lawmakers and policymakers, the organization also seeks to influence legislation that secures funding and broadens access to critical resources for veterans and first responders.

In addition to its focus on therapies and legislative advocacy, Help Our Heroes places a strong emphasis on building community and support networks for veterans, service members, first responders, and their families. Many



Care Package Event for Local Military and Veteran Families

veterans experience feelings of isolation and disconnection after leaving the military, and Help Our Heroes aims to address these issues by creating opportunities for veterans to connect with peers who understand their struggles. Through outreach initiatives to connect veterans with local resources, services, and education; partnerships with local organizations that serve veterans, service members, and first responders; and online peer support networks through social media, the organization helps veterans navigate the challenges of civilian life with the backing of a strong community.

Looking ahead, Help Our Heroes continues to expand its outreach and advocacy efforts. From providing educational resources that help veterans navigate available support services to fostering direct engagement between veterans and lawmakers, the organization is constantly evolving to meet the needs of the veteran and first responder community.

For those interested in supporting Help Our Heroes, donations and additional information can be found at helpourheroes.org.