HORSES FOR HEROES, LTD

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Horses for Heroes is a 501(c)3 located on the southeast side of Indianapolis, Indiana. The mission of Horses for Heroes is dedicated to Veterans, First Responders, and Veterinarian personnel that are dealing with PTSD and depression from the services they provide to others and their communities. You do not have to be diagnosed with these conditions to take part.

This is a peer support, not therapy, program that offers an interaction with horses and other livestock that have shown through clinical research to lessen stress in those dealing with these conditions.

All to often, those in the fields of service to others are expected to be as mentally strong as they are physically strong. What is not considered, is the mental and emotional traumas that are experienced daily.

This is a program that is completely free to those who come out. We will never ask for payment, insurance information, or EAP information. We will not ask what association you belong to or if military, what unit or command you belong to.

Our program is simple and focused on you. If you want to talk, we can talk If you don't want to talk, we will sit in silence with you. If you want to interact with a horse, one will be brought into our arena, and we will sit back and observe while you pet and brush the horse. We do not allow riding.

If you need to do something with your hands, there is plenty to do around the property. We will help in that first step in kicking the stigma of mental health to get you on the path of working with a mental health professional so you can have a full and fulfilling career. Apart from legally reportable statements (*self-harm, harm to others, abuse, and sexual assaults, etc.*.) whatever is said there will stay there.

Our mission is of service to those that provide service to others. You are never alone.

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