



PRESS RELEASE

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Veteran walks across USA for PTSD

Veteran, Stephen Meyers will resume his cross-country trek on August 15th. Picking up at the Kentucky-Tennessee border, where he paused his walk on March 17th. The 1,008-mile long journey will average 22 miles a day for 46 days. He will walk through Nashville Tennessee, Huntsville Alabama, Atlanta Georgia, Macon Georgia, and Savannah Georgia on his way to Jacksonville Florida.

Stephen Meyers is a retired U.S. Army Soldier and veteran of the wars in Iraq (2005-2007) and Afghanistan (2013). He suffered in silence with Post-Traumatic Stress for years before getting help in 2015. He struggled with survivor's guilt and night terrors. He endured flashbacks and blackouts. He lived the nightmare many are living today. He has been trying to help those he can.

He has 50+ planned stops at Police Departments, Fire Stations, and Veteran Service Organizations. Along the way he will speak with people about Post-Traumatic Stress and suicide. Stephen believes there are a lot of people who have given up on what help has been available to them. Dozens of first responders have told him "They can't help me."

Stephen Meyers is a community service-oriented veteran. He intends to reach out to local governments, Chambers of Commerce, and Veterans groups along the route. He is searching for partners and volunteers who want to help their community. He wants to spread a message of hope to those suffering in silence. He believes people should hear they are not forever damaged by Post-Traumatic Stress. One of Stephen's goals is to create ripples of hope that help people face past and future traumas.