

# **22 ZERO<sup>TM</sup>** **HEALING THE HERO**

***PTS IS AN INJURY THAT  
CAN BE HEALED***

## ***What is the process?***

Our trained coaches will lead you through structured visualization exercises in just 2-4 convenient, online remote sessions from the comfort of your home, each lasting an hour. These exercises help separate the emotions from the traumatic memory, allowing your brain to store them in a healthier way - away from the stress response area.

**You NEVER talk about the event itself with your peer coach!**

## ***Is it confidential?***

YES! Your participation in the process is not reported to anyone - not to the VA, not to your employer, not to anyone.

## ***Who do we serve?***

Veterans, First Responders, their spouses and minor children, and Gold Star Families.

## ***What does it cost?***

It is 100% free to those we serve.

**1-800-221-9154**



**OVER 10,000  
HEALED!**

**Call 1-800-221-9154  
gethealed@22zero.org**

**187 5-STAR GOOGLE REVIEWS**

**As of 20 September 2024**

[22zero.org/get-healed/testimonials/](https://22zero.org/get-healed/testimonials/)

*"... The biggest take away for me is finally sleeping through the night, in deep sleep. This process is easy, simple, and you don't have to reveal anything personal to anyone".*

*- Eric H.*

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*"... I didn't have to relive anything. I trusted the process. It took a few sessions. But it freakin WORKED!! Today I have zero anxiety. I have zero PTSD. I have zero depression. I can finally sleep at night."*

*- Danny D.*

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*"... to all my brothers and sisters who served and struggle with PTSD, Trauma, or negative emotions, "Try 22Zero!! You have NOTHING TO LOSE and EVERYTHING TO GAIN!!"*

*- Shawn B.*

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*"He gets to finally live rather than just resisting the desire to die".*

*- Jessica M.*



**Check out our website  
and get support at  
22ZERO.ORG**

Tennessee Governors Challenge Suicide  
Prevention Committee Member