

Music connects Veterans

While each song is unique to the Veteran behind the story, 94% of participants surveyed by CreatiVets say that they agreed they enjoy sharing their song with others. Some 96% report positive feelings when listening to their song. We also saw improvement in the mental health of participants more than tripled after participating in CreatiVets' programs. Feelings of isolation were reduced more than three and half times after participating, and 46.7% of Veterans report they never or almost never felt isolated from others, compared to 13.3% prior to participation.

Music connects families

"There is a light in every dark tunnel, and sometimes we just need help finding the switch," said Veteran participant James K.

"My experience with Creativets started when I was in one of those dark tunnels. A gentleman by the name of Dick Nash approached me and asked if he could have a moment of my time. At that point, I had little left to lose. After speaking with Dick and the other members of Creativets, I took a chance deciding to participate and write a song. My wife can testify that I am a man of few words, and rarely speak about my life with anyone, even her. They made me feel comfortable during the whole process and I was able to let loose. That song was a way for me to release many heartaches and emotions that had been weighing me down for years.

The true blessing of meeting these individuals in Clinton, Iowa, was they helped me turn the light on when I was lost.

It gives my wife and I hope that we can make it through anything together, "When we're Us".

This whole experience has been amazing, to say the least. My youngest daughter has decided Jesse and Brett are famous rockstars, and talks about Creativets and the song all the time. She is excited to see me start learning how to play the guitar and wants to be a part of my journey. Creativets has given me a new reason, and sometimes that is all we need to see the light in those dark tunnels."

Music creates community

CreatiVets' Veteran songs are now available to stream on [all major music platforms](#). CreatiVets is focused on providing Veterans with tools to heal their unseen wounds. Through these songs, the organization hopes to expand understanding and community to the public, to those who have served and to their families.

Music promotes health

This recent [VA News](#) article shows that music therapy intervention leads to positive outcomes in the reduction of stress in post-combat Veterans. Continued research supports these findings, and

CreatiVets is on the forefront of implementing these pre-clinical strategies in its efforts to prevent Veteran suicide and increase quality of life.

[Listen and learn for free](#)

In addition to released songs, CreatiVets also offers live streaming of music and art classes for free. Learn more on their [website](#). Since 2013, CreatiVets has served over 2,000 Veterans directly while their Veteran-written songs have been streamed over 15 million times.

The sharing of any non-VA information does not constitute an endorsement of products and services on the part of VA.

**“Be on your guard, stand firm in the faith, being men of courage, be strong.”
1Cor 16:13**

Sincerely,

William A. Harris, Jr.

William A. Harris, Jr., USAF Retired

President, Veterans for Christ, Inc.

www.veteransforchristinc.org

Need to contact VA?

[Veterans Crisis Line: 1-800-273-8255](#) and press 1, [Chat](#), or Text 838255

[Homeless Veteran Resources: 1-877-424-3838](#) or [Chat](#)

[White House VA Hotline: 1-855-948-2311](#)

[1-800-MyVA411 \(800-698-2411\)](#) is never the wrong number