



Kentucky Elks Association Veterans Programs



Tangible Items to Support Female Survivors of Military Sexual Trauma (MST), PTSD (Post Traumatic Stress Disorder), and Intimate Partner Violence (IPV)

Comfort and Coping Tools

Item	Purpose
Weighted Blanket	Provides comfort, grounding, and helps reduce anxiety and improve sleep.
Stress Balls / Fidgets	Helps release nervous energy, relieve tension, and promote focus.
Journals	Encourages healthy expression of thoughts, emotions, and reflection.
Aromatherapy Products	Promotes relaxation and emotional balance through calming scents.
Mindfulness Apps	Offers guided meditations, breathing exercises, and stress management tools.

Health and Wellness Products

Item	Purpose
Herbal Teas	Supports relaxation, reduces stress, and encourages restful sleep.
Essential Oils	Aids in grounding, stress relief, and emotional regulation.
Yoga Mats	Encourages mindfulness, gentle movement, and grounding through yoga/meditation.
Fitness Equipment	Promotes physical health, reduces stress, and boosts mood through exercise.

Support Resources

Item	Purpose
Books on Healing	Provides education, coping strategies, and personal stories of resilience.
Mobile Apps (e.g., Beyond MST, IPV-specific apps)	Offers tools, resources, and confidential support designed for MST and IPV survivors.
Therapy Tools (e.g., workbooks)	Supports guided healing and enhances therapy sessions with structured exercises.
Hotlines & Support Cards	Provides quick access to MST, IPV, and PTSD crisis lines and survivor services.

Safety and Security Items

Item	Purpose
Personal Safety Alarms	Enhances confidence and safety when in public spaces.



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Item	Purpose
Self-Defense Tools	Provides empowerment, preparedness, and a stronger sense of personal security.
Emergency Phone with Preloaded Numbers	Ensures quick access to hotlines, family, or trusted friends in emergencies.
Discreet Safety Planning Materials	Helps survivors create exit strategies, safe contacts, and secure storage of important documents.

Resources & Support (with Voices in Mind)

- **Veterans Crisis Line** – 24/7: Dial **988**, then press 1; or **text 838255**—a lifeline that responds to anyone in crisis.
 - **VA MST Care & Coordinators** – Free, confidential trauma-informed treatment and case coordination.
 - **VA Intimate Partner Violence Assistance Program (IPVAP)** – Safety planning and referrals for survivors of IPV.
 - **Vet Centers** – Local, peer-anchored counseling for combat and sexual trauma survivors—often where "I'm trying" finds a listening ear.
 - **Elks (BPOE) – Elks National Veterans Service Commission** – Boots-on-the-ground support through referrals, Welcome Home Kits, and emotional solidarity.
 - **DoD Safe Helpline, RAINN, National Domestic Violence Hotline** – Additional, non-VA support networks available 24/7.
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Closing Note

These tangible items can support **comfort, healing, safety, and resilience** for survivors of MST, PTSD, and IPV. Every survivor's journey is unique — it's important to choose tools that resonate personally, and to pair them with **professional counseling, peer support, and trusted networks of care**.

💜 **A Note for Survivors** These items can help support **comfort, safety, and healing** for those living with the impacts of MST, PTSD, and IPV. Choose what feels right for you, and remember: **you are not alone**. Professional support, trusted peers, and community resources are always available to walk with you on your journey.

💡 *Together, we can create space for resilience, safety, and healing.* 💡

💡 *Together, we can **Be The Difference**.* 💡