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Help Heal Veterans donates craft kits to VA hospitals to help provide activities for Veterans who are alone

WASHINGTON — The U.S. Department of Veterans Affairs (VA) announced today [Help Heal Veterans](#) has provided nearly 50,000 craft kits, since the start of the COVID-19 pandemic in March, to more than 90 VA facilities for Veterans who are isolated.

The department's [VA Voluntary Service](#) and [Recreation Therapy Service](#) are working with VA providers to identify Veteran inpatients and outpatients to receive the [craft kits](#) which will be accompanied by other leisure activities and information about VA programs and services.

"Part of VA's charge is to support the positive mental health of Veterans and these crafts and leisure activities will benefit that effort," said VA Secretary Robert Wilkie. "Help Heal Veterans offering will provide more than 70,000 hours of activity helping to keep our Veterans productively engaged — giving them a positive sense of accomplishment upon completion."

VA recreation therapists nationwide share that Veterans living with disabilities, pain, anxiety, addiction or depression, especially during the pandemic, enjoy the craft kits and experience multiple benefits including — keeping their hands busy while helping to maintain dexterity. Many Veterans gift the finished crafts to friends, family and other Veterans. [VA Peer Support Specialists](#) have also distributed the craft kits to Veterans in the community.

Help Heal Veterans has had a long-standing partnership with VA and typically provide kits in categories such as masks, leatherwork, woodwork, jewelry, paint-by-numbers, needlecrafts, poster art, scrapbooks, model cars, airplanes, boats and more. In a recent Help Heal Veterans survey of Veterans who have used the kits, 94% polled reported the kits gave them a more positive outlook on life and 98% reported the kits divert their attention to healthy coping practices.

The therapeutic and rehabilitative benefits of crafting for VA patients is especially significant for Veterans living with [Post Traumatic Stress Disorder](#) and [Traumatic Brain Injuries](#).

To learn more about recreation therapy or volunteer with VA, visit [Recreation Therapy](#) or [Voluntary Service](#).

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