

PTSD 12-Step Recovery Fellowship Preamble

PTSD 12-Step Recovery Fellowship is a fellowship of veterans, active-duty military, first responders, firefighters, law enforcement officers, EMS professionals, Coast Guard, and others whose lives have been affected by PTSD.

Our primary purpose is to recover from PTSD and to help others who are still suffering.

The only requirement for membership is the desire to recover from PTSD. There are no dues or fees for membership. We are self-supporting through our own voluntary contributions. Our fellowship is not affiliated with any political party, military branch, religion, or outside organization. We do not wish to engage in any controversy. We do not endorse or oppose any causes.

We share our experience, strength, and hope with one another so that no one has to face PTSD alone. Through honesty, courage, accountability, compassion, and service, we seek healing—not only for ourselves, but for our families, our communities, and those who continue to suffer in silence.

Together we served – Together we recover – Together we heal