



Travis Mowery

Veteran Services Coordinator

Background

I served in the United States Army from March 2006 to August 2009 as part of the Airborne Infantry out of Fort Bragg, NC. I was deployed to Iraq under (JSOC) Joint Special Operations Command from November 2006 to February 2008 where I took part in over 140 air assault missions throughout Iraq.

Experience

I am a disabled Veteran and have spent years navigating the VA system searching for programs to help myself and my family. I have been connected to multiple therapists, psychiatrists, and programs both with the VA and private care. It has taken me a long time to get to where I am today, and I still have my struggles, but I feel that I have the necessary experience and tools to help other Veterans be successful in managing their mental health.

A little bit about me...

I enjoy spending time with my family, working on my farm which consists of goats, cows, chickens, and pigs, to name a few, gardening, and designing projects to build. Being in nature and working with my animals has been very therapeutic and beneficial for my overall mental health.



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