



Philip Rich (He/Him)

Peer Mentor In-person/Tele-Health

Special interests:

Physical Fitness and Health | Disability Related Support | Mental Wellness | Men/Youth Wellness | Parenting mentoring | Anxiety and Depression | Outdoor Recreation | Self-Care | Job Skills and Workplace Success | Cooking/Baking | Traveling and Exploration | Combat PTSD | Insomnia | Retired Combat Veteran Mentoring

Philip Rich, a retired combat veteran with five years of service in active duty, had faced numerous challenges upon returning home. Battling PTSD stemming from the loss of comrades and a traumatic experience of witnessing a school shooting at the young age of nine, Philip struggled with insomnia and the ensuing impact on his mental health.

However, through a combination of therapy, regular VA meetings, medication, and the unwavering support of friends and family, he found ways to cope with his condition. One significant source of comfort and stability in Philip's life was his certified service dog, Luke. Luke brought joy and companionship into Philip's daily routine, effectively helping to reduce his anxiety and depression. With Luke by his side, Philip found that there was never a dull moment, and he felt a strong sense of purpose in caring for his faithful companion.

Despite his challenges, Philip discovered solace and creative fulfillment in his passion for culinary arts. Holding an associate's degree in culinary arts, he found that cooking not only served as a relaxing and enjoyable activity but also allowed him to bring joy to others through the pleasure of eating his food.

Cooking became an essential outlet for Philip, providing him with a sense of accomplishment and connection to others. Through his journey of healing and self-discovery, Philip found that while the scars of his past remained, he was able to find hope and resilience in the simple yet meaningful moments of each day. With Luke's unwavering support and the comfort he derived from his culinary pursuits, Philip navigated the complexities of post-military life, determined to carve out a future filled with purpose and fulfillment.