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## Scuba diving for military veterans

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Jim Elliot of Diveheart (YouTube upload by NCPAD)



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“*Thank you to all our military service members and veterans. Your contributions and sacrifices will always be remembered.*”

As veterans return to civilian life, there can be many challenges. Hopefully service members and veterans remember to ask for assistance from friends, family and community organizations.

Two organizations particularly known to support and encourage both disabled and able-bodied veterans and military service personnel in the scuba diving community are **Diveheart** and **SUDS** (Soldiers Undertaking Disabled Scuba).

Diveheart was founded by Jim Elliot in 2001, "To build confidence and independence in children, adults, and veterans with disabilities using SCUBA diving as a tool." With purpose, Diveheart works to "provide and support educational SCUBA diving and snorkeling experience programs that are open to any child, adult, or veteran with a disability with the hope of providing both physical and psychological therapeutic value to that person." Visit [www.diveheart.org](http://www.diveheart.org) for more information.

SUDS is located at Walter Reed National Military Medical Center in Bethesda, MD and "is designed to help improve the lives of injured service members returning from Iraq & Afghanistan." Go to [www.sudsdiving.org](http://www.sudsdiving.org) for more information.

Scuba diving is a recreational activity that provides unique opportunities for many injured and disabled individuals to participate in an active lifestyle. The experience of physical freedom found in the suspended underwater environment is liberating. The mental, physical and emotional benefits for everyone are profound; and perhaps essential for the disabled and injured.