

## Strength Over Silence 60 Second

**Speaker1:** Facing life's difficulties takes strength and determination. Whether it's physical challenges or struggles you can't see. It takes strength to ask for help when you need it. Learn how other Veterans have reached out for help and hear their stories for strength and recovery at [MakeTheConnection.net](http://MakeTheConnection.net).



U.S. Department  
of Veterans Affairs

**MAKE THE  
CONNECTION**