

He once felt hopeless, then Brent got help from VA

Brent: When I got out, I had a hell of a time assimilating back into civilian society. I drank a lot, every night. I worked in a bar, so, when the bar closed, I got drunk. And it was a problem. I'd go into blackouts for three or four days and I did it to numb myself or try to forget what I saw and what I did. I got deployed, called back and deployed, and the day after I got, the night after I got back, I went out, got liquored up and got arrested for drunk driving. It was a pretty bad situation, but I was fortunate that the people involved said, "We just got a guy here that needs help" and I got substance abuse through the city and had to go on probation.

I was having a hard time. I was bouncing from job to job and relationships weren't, I just wouldn't let anybody in and I just told myself, I came from family or a generation that you don't talk to people about your problems, you don't, you're not allowed to have mental issues, and so that's what I thought and it went on for several years, feeling lost, hopeless at times.



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