

There is so much more help than you realize

Rebecca: There is so much more help out there and understanding than you'd even realize but you have to get off your butt and you have to go and seek it. Don't stay inside the house. Even if it's just a friend or family member or just a hotline, do something. And I have talked to many people. One person was close to committing suicide and he just called up one not-for-profit organization and it was very personal. The person who he talked to made it a bit more personal; like he really cared.

So, instantly that guy he called went and met him and helped him out and that saved his life and now he's reaching out to other people. I mean, it's easy if you just let yourself stay inside your little world. It's easy to feel like you're not supported and to feel like no one understands but believe it or not there are thousands and thousands of people out there who know exactly what you're going through. As weird and bazaar of a situation you're in, the symptoms, the depression, the suicidal feelings, the financial situation, difficulties at work, relationship issues, everything. No matter what it is there are people out there that understand; that have actually been through it.



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