

Nightmares | Signs of a Mental Health Challenge

Justin: My mind would just wander to these terrible events. You would have these nightmares so many times that your brain then starts changing what happens. And then it started to affect me professionally. That was just the last straw.

Hector: I would wake up in the middle of the night, sweats. I would try to self-medicate it, "Okay, if I just drink, I'd be able to go to sleep", whatever it took to go to sleep to not be able to feel these things.

Angelo: I was having bad dreams, really bad. Then someone told me, when I was seeing my regular doctor, that I ought to go up on the fifth floor to see a counselor. It was easy to talk to her. She was fantastic. She started giving me some pills so I could sleep more at night and relax during the day.

Justin: They took really good care of me. I did exposure therapy and I went to just individual therapy sessions.

Hector: I was processing it finally. I was talking about it. Therapy worked, and it was beautiful.

Angelo: It worked for me. It's working for many people.

Justin: You'll be amazed at the amount of resources out there. It may be a process. You know what I mean? It may be your first therapist isn't the right one for you. It may be that group therapy isn't right for you. Maybe the exposure therapy isn't right for you. But if you attack the problem and you use your military mindset that you got, you will find success.

Announcer: Take the next step. Visit *MakeTheConnection.net* to find out how.



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