

# *I'm a Veteran. I know what it's like. Hear my story.*

*"Put yourself first, and just seek whatever help you can, because you're not going to know what kind of help you need until you actually go in there."*

—**Edward**, Navy, Navy Reserve



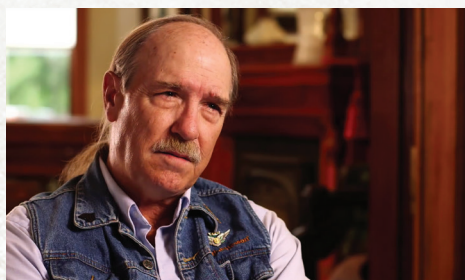
*"Get on top of it—take advantage of what's there for Veterans."*

—**Frank**, Marines



*"In the beginning I was against going to therapy. But it really started to work. Therapy works."*

—**April**, Army Reserve



# ***Make the Connection is here for you.***

Whether you just returned from a deployment, served stateside, or left the military decades ago, support is available for the challenges you may be facing. If you are struggling, professional treatment can help get you on the path to recovery.

At **MakeTheConnection.net**, you can listen to hundreds of Veterans share their stories of strength and recovery, find information relevant to you, and locate nearby resources. Many topics are covered, including:

## **Life Experiences**

- Transitioning from service
- Pursuing higher education
- Jobs and employment
- Death of family or friends
- Retirement and aging

## **Signs and Symptoms**

- Trouble sleeping
- Relationship problems
- Anger and irritability
- Feelings of hopelessness
- Feeling on edge

## **Mental and Physical Health**

- Posttraumatic stress disorder
- Depression
- Effects of traumatic brain injury
- Problems with alcohol
- Effects of military sexual trauma



***"It took me 30 years before I went to see the VA; don't let that happen to you."***

**—Jim, Air Force**

**Every day, thousands of Veterans connect with the resources and support they've earned and find ways to move forward.**

Learn more at **MakeTheConnection.net** and join the conversation on social media.



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