

## Ready for the Challenge 30 Second

**Interviewee:** Always on high alert. I was counting the days that I came home to my family. Finally, the day arrived.

**Interviewee1:** But then I realized things were different. I was different.

**Interviewee2:** I had trouble focusing and relating to things the way I used to. Then a buddy noticed something wasn't right. He said he'd been there. I decided to reach out.

**Interviewee1:** Once I started making connections, things began to turn around.

**Interviewee2:** Find resources and support at [maketheconnection.net](http://maketheconnection.net).

**Interviewee:** Make the Connection.



U.S. Department  
of Veterans Affairs

**MAKE THE  
CONNECTION**