

Mental Health Month 2019

Elliott: In the Marine Corps they teach us to be tough, to get through things on our own. When I got out and I started noticing my PTSD getting worse, asking for help was hard because I was that tough guy. I was that Marine.

Kelly: The service before self, the mission comes first, it's always a we thing. It's never a me thing.

Pauline: I had my hearing loss from the military from being around the loud noise. I was withdrawing myself from extracurricular activities, being around, socializing with people.

Bud: When I came back from Vietnam, my parents, my brothers and sisters, I had 10 brothers and sisters, they all worried. And rather than go home I went to the bar and got drunk.

Pauline: I would have to say for the Veterans that the help is there. Get the support because it does help.

Bud: I'm a totally different person. I'm able to control myself.

Kelly: I have my feelings back. I don't have my guard up anymore. I didn't feel like mean Kelly.

Elliott: It's amazing because I never thought that opening up about my issues and letting people know what I've been through would be beneficial to not only me but other people.



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