

## Ready for the Challenge 60 Second

**Interviewee:** I joined because I wanted to contribute to something bigger than myself. On my first patrol, my adrenaline was pumping.

**Interviewee1:** I knew it would be tough, but I was ready for the challenge.

**Interviewee2:** Always on high alert. After a while, it takes a toll. I was counting the days until I came home to my family. Finally, the day arrived.

**Interviewee1:** It was good to be home at first, but then I realized, “Things were different.” I was different.

**Interviewee:** 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. That there are resources out there for Veterans. I decided to reach out. I found resources that helped and connected with other Veterans who had similar experiences.

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

**Interviewee2:** There may still be bumps in the road, but now I know where to turn.

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

**Interviewee2:** Make the Connection.



U.S. Department  
of Veterans Affairs

**MAKE THE  
CONNECTION**