

3 Ways to Start the Conversation About Mental Health

Tom: I had a call from a buddy of mine. He was wounded on the same day as I was, and we talked for about four hours. The things that was bothering him were the same things bothering me. He was looking for help too, and said he was going to therapy and all that. And it's from that call that I decided to change my way.

Jack: I talked to my parents, and they had incredible advice for me. And it just relieved enough pressure for me to say, "Okay, it'll be all right."

Alysse: Don't be afraid to reach out, because there are people who have gone through something similar to what you have. And that's why the VA is there, to help others.



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MAKE THE
CONNECTION