

4 Signs Your Loved One May Be Experiencing Mental Health Challenges

Troy: I would worry about something and it would just, it would be like it was circling the drain and getting bigger and bigger. I lashed out at his mom, I lashed out at the kids. I come home, the lawns not cut, I'm furious.

Jasmine: He'll isolate herself from everybody. He'll be quiet. I called him, leave him messages, he wouldn't answer.

Jenny: He never really talks about his experience there, and that was sort of a red flag, why, he never really says anything about it.

Phillip: I got hooked on meth. Just the way it affected my relationship with my loved ones, I pushed them away. I burned my bridges, was asking for money. If it wasn't for some veterans talking to me, I wouldn't be here right now.



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