

## **Veterans' Voices 60 Second**

**Interviewee 1:** I wanted to be in the military since I was a kid.

**Interviewee 2:** I served in the United States Air Force.

**Interviewee 3:** I served a total of 16 years.

**Interviewee 4:** I was deployed 13 times.

**Interviewee 5:** Well, my second deployment, four bombs hit my vehicle.

**Interviewee 2:** And at 19 years old, that's the first time I ever saw somebody die.

**Interviewee 6:** Coming back, I was raging.

**Interviewee 1:** I started having pretty horrible nightmares.

**Interviewee 7:** I would wake up in the middle of the night, sweats.

**Interviewee 8:** I started drinking a lot.

**Interviewee 9:** I felt worthless.

**Interviewee 3:** I guess I never recognized it in myself.

**Interviewee 10:** Eventually one day, I just walked into the VA hospital and said, "I'd like to see somebody."

**Interviewee 11:** Don't suffer alone. You've got to find that link with somebody. It'll make you let it go.

**Interviewee 1:** See, it all starts with going to the VA. There's a whole community of Veterans that just want to help you out.

**Interviewee 9:** It's for the guys who couldn't come back. So you owe it to them to live well, because they're not here with their families.



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