

## Vietnam Veterans: Welcome Home 60 Second

**Interviewee1:** We served our country like those before us.

**Interviewee2:** The camaraderie is what kept me going, you know. It was a dangerous area and all of Vietnam was dangerous.

**Interviewee3:** I didn't know what to expect when I got back.

**Interviewee4:** For the first ten years after I got out, no one would've known that I was in the service.

**Interviewee5:** I got home, got married two weeks later, got a job.

**Interviewee1:** We came back, built lives, families and communities, but we still had challenges.

**Interviewee6:** The carnage of war left an indelible mark on me.

**Interviewee7:** I would have intrusive thoughts and horrible nightmares.

**Interviewee1:** Services and support that can help are available for Veterans.

**Interviewee8:** I went to the VA, talked to my doctor.

**Interviewee9:** I started doing groups. I started doing one-on-one counselling.

**Interviewee1:** We found ways to move past these challenges for ourselves and for our families. At [maketheconnection.net](http://maketheconnection.net), you can hear our stories and find tools and services available to you.

**Interviewee10:** The more I talked to people, family, friends, other Vets, the better I feel.



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