

I'm telling you right now-you need help

Reagan: I started another job and was getting violent there. I was really irritable, hard to deal with. And then what was kind of a come to Jesus meeting with me is when a friend of mine that I worked with, his dad came into town. We were in Beaumont, Texas at the time. We were talking about the military and my service. And he was in the Navy back in the day and we were talking about that. He was kind of telling me, do you have any problems? And I said, you know, it's funny. I kind of do. And he was the one that told me, "You need to get with the VA. You need to go see somebody. You need to get help." And I was like, nah. You know? I don't need that. And he was like, "You do. You really do. I'm telling you now, you do." It's like he knew something that I didn't because he had already been there.

And that's like I said, I had already been in trouble two times at work for getting physical with somebody. They didn't want to fire me because I was a good employee, but they couldn't have me putting people's heads through walls anymore, or something like that. And that wasn't something I was proud of. It was just something that was happening. And when somebody would ask me why, I didn't have a real answer.

As I got into the VA clinic in Beaumont, I started talking to, you know, to a doctor and that's when I started realizing, wow, something is there. And that's when they got me on some medication that I needed and got me to talk with people, groups and stuff like that.



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