

## I'm not the only one

**Reagan:** I have seven friends that have been back from Iraq that have committed suicide. Seven. When that happens, there's a problem. What happens a lot of time is these guys get home, they don't want to talk about it. They feel like it's not the manly thing to do. "I shouldn't be complaining about this. I don't need to talk to nobody. I'm gonna deal with this." That's not the way to do it. If you feel like you need to talk to somebody, you need to go talk to somebody. If you hold it in, it's not going anywhere. It's gonna build inside of you.

For three years when I got home, I didn't want to talk to nobody. I just stayed busy. I blanked it out. But guess what? It doesn't go anywhere. It's there. You're going to run, but you're going to get tired sooner or later and that problem is gonna be there. If you got an opportunity to go talk to somebody, you need to go do it. Anytime you want. Pick up a phone. Go to a center. Anything. Go talk to somebody because whatever you're dealing with, you think you're the only one. You think I'm on this island all alone. There's a thousand more people going through this same thing and it will benefit you. It will benefit them to talk about it. "Hey, this works for me. What works for you?" Mix and mingle and figure out what's best. And just realize, you know what, the situation I'm going through, it really isn't cool, but I'm not the only one. I'm not alone. This is really normal and let's get some help. Let's do this.



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