

## **I've been able to grow in a positive direction**

**Priscilla:** The depression manifested itself very slowly. I don't think I identified it when it came.

**Julian:** Looking back now, there were indicators for me that I was depressed. I had lack of hope.

**Jacob:** I just stayed at home. I didn't spend much time with anybody.

**Priscilla:** I constantly felt a weight. No matter what I did, no matter what was happening, no matter how good things were going. I always felt I was sad. I called my mom. She was actually the one who suggested it. She was like, maybe you should go talk to somebody at the VA. And I did.

**Kionte:** Talking to someone, I only had my one friend that I trusted. I opened up to him, you know, vaguely and slowly just continued to open up to him and it felt good to be able to talk to someone and be able to have someone understand you.

**Julian:** My wife is a saint, man. She really is. She was really the driving force for me to get better. She would sit there and be like, "Look, Julian, I can't take care of you. You need to like figure this out. And this is what you need to do." She was giving me a mission.

**Kionte:** I've been able to grow in a more positive direction, but it doesn't negate that I have my down days. But I know how to control them. You know, I know how to work with them rather than work against them.



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