# Newsletter Content

**Longer Version:** 224 words

**Headline:** Take One Step Today To Start Feeling Better

**Content:**

*One step today can make all the difference.*

This [Mental Health Month](https://maketheconnection.net/mhm), VA is sharing 10 pieces of advice for Veterans — from Veterans — on ways to begin to improve their well-being.

Veterans who may be facing a mental health challenge are encouraged to take ***One Step Today*** from among the 10 suggestions. They might explore their creativity, learn to forgive, or enroll in VA health care. The list is filled with inspirational stories from Veterans whose life got better by following suggestions like these.

*“When you have other [Veterans] who have been through the same things you’ve been through, and who have dealt with them in all different kinds of ways, it helps you in immeasurable ways.” —* [*Daniel*](https://www.maketheconnection.net/stories/667/)*, U.S. Marine Corps Veteran*

While there is no single path to resolve a mental health concern, every day, Veterans can start taking small steps to improve the quality of their lives. These steps can boost a Veteran’s mood and enhance their self-esteem, putting them in a better place to overcome their challenges — either on their own or with support from VA.

This May, we encourage everyone to visit [***MakeTheConnection.net/MHM***](https://maketheconnection.net/mhm) to hear advice for Veterans — from Veterans — about overcoming the same mental health challenges that many who have served in the military face. By taking ***One Step Today***, Veterans can start their journey toward a healthier tomorrow.

**Shorter Version:** 152 Words

**Headline:** Take One Step Today To Start Feeling Better

**Content:**

For [Mental Health Month](https://maketheconnection.net/mhm) this May, Veterans who have dealt with mental health challenges offer their fellow Veterans 10 ways to start improving their well-being. While there is no single path to resolve a mental health concern, every day, Veterans can take small steps to improve the quality of their lives.

Veterans who may be facing a mental health challenge are encouraged to take ***One Step Today*** from among the 10 suggestions, from exploring their creativity to enrolling in VA health care.

The list is filled with inspirational stories from Veterans who benefited from increasing their physical activity, taking up painting or a new hobby, and more.

This May, we encourage everyone to visit [***MakeTheConnection.net/MHM***](https://maketheconnection.net/mhm) to hear advice from Veterans — for Veterans — about overcoming the same mental health challenges that many who have served in the military face. By taking ***One Step Today***, Veterans can start their journey toward a healthier tomorrow.