

Bipolar treatment got his life back on track

Henry: I ended up in the hospital when the depression got diagnosed as bipolar and post traumatic stress. My thing was when I was low, I always got real low. I was always by myself. I usually liked to sit in the house. But when my anxiety, when it rose up I would stress out at people.

One time I ended up stabbing my daughter and stuff, and hollering at the kids. That was the main thing. I used to verbally launch out at people and stuff, hollering, and cursing for no particular reason. It shouldn't have been that severe for me to holler at them like that there. I didn't understand it myself. I still really today don't understand it, but I know the medication helps me to control it.

I think it turned my life around 360 right now because like I said I'm in the workforce now today. I get along with all of my coworkers. I can go to the movies. I've got a significant other and we plan on getting married next year. My family, we just get along too good now. I mean everything like to me is like peaches and roses right now. Right now I feel real good about myself and everything that I am doing.



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