

## Trouble at work was a sign she needed support

**Jamie:** It was interesting being in a military environment since I was 17 years. I had to work with civilians for the first time and that was challenging. And just little things would set me off that people in my office would do and I would get so frustrated and I wouldn't know how to figure it out and then it would just curl up inside me and there were days where I didn't feel I had job satisfaction because I had been out there supporting Marines and I was in this unique job with great opportunities.

It just didn't feel as fulfilling as it used to be and I would sit there and I'd go home crying. I'd put my sunglasses on and I'd walk to work which is great, but I would cry my entire way home from work and I'd be on my couch crying at 5 o'clock in the evening, and then I would call my mom and my mom would give me her advice, tell me what to do and she'd call me back in an hour. I'm like "Yes, I did this, I did this, I did..." Fortunately, I have a strong support system, talking to my mother. Part of it for me is genetic and talking to my mom about what she's had to go through, and it really sunk in that it is essentially, all these things are my brain and I have to take care of my brain. If I had a broken ankle, people would understand that, and I finally said, "I have to take care of myself."



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