

Finding Purpose 30 Second

Speaker 1: I expected it to be a lot easier.

Speaker 2: I didn't know what step to take next.

Speaker 3: I was transitioning from the military.

Speaker 4: My friends thought I could do anything.

Speaker 3: I missed my unit, my family.

Speaker 5: Playing with my daughter, I felt like a stranger.

Speaker 6: I didn't have a clear sense of what to do next.

Speaker 2: And then I thought, "If I'm going through this, other Veterans have gone through it, too, right?"

Speaker 3: I started to open up.

Speaker 5: And I saw that I wasn't alone.

Narrator: We are not alone. Other Veterans have transitioned from the military and overcome mental health challenges. Visit [**MakeTheConnection.net**](https://www.maketheconnection.net).



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