

## It's OK To Ask for Help

**Tonya:** When I first got out, I felt like mental health treatments were for older people, Vietnam era, and so I didn't think that it would apply to me.

**Lucinda:** I hadn't been in the jungle. I hadn't been in the desert. I mean, I knew something was wrong with me but I have adamantly denied that I had PTSD.

**Mike:** It'll go away or it won't be a difficult thing for me. That really doesn't work. It's a lie you tell yourself to make it seem like you're still in control of stuff, but you're really not.

**Leon:** I'm hurting inside. I don't know it, but I know that it's there. It's very deep.

**Drew:** And I just retreated inside myself and that's when I realized I needed help.

**Catrina:** There's nothing wrong with needing help. We can only get better when we acknowledge that we need that help.

**Announcer:** Take the first step. Visit *[MakeTheConnection.net](http://MakeTheConnection.net)* to find out how.



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