

Finding a way to live a healthier life

Interviewee: I came back and I started having problems, not being able to sleep. Slightly injured out there, had a little aches and pains.

Honestly, when I first got back in '05, '06, timeframe, it was just me being medicated. I wasn't really making any therapy appointments. Started using the narcotics a lot to, I guess, help with the PTSD issues, you know, the flashbacks and the nightmares and the uneasy feelings, you know, to kind of escape. So, I started, I started abusing them, the medications.

You know, it was a new experience for me because I was in the Marine Corps for almost nine years, you know, and to be doing drugs like that was not my character.

Eventually, with the VA, you know, I got back on track and I got help for that. I got on medications that weren't narcotic for my issues. I started going to a lot of therapy. Went to a PTSD program that helped a lot in Lyons, New Jersey. I did a lot. I started to; I saw myself. You could say I saw myself in this collision course with God knows what. And I picked myself up, you know, and I started to get myself the help I needed.



U.S. Department
of Veterans Affairs

**MAKE THE
CONNECTION**