

Sometimes you can-t do it alone

Bobby: I think the biggest step was knowing that I needed the help, that was probably the first step. You know there is all the precursors going to it like breaking down, being depressed and having emotional fits that you just can't control, things like that. Rage and things. The biggest thing was knowing and accepting the fact that I needed help and that was basically like the 12-step process to alcoholics. We joke because for PTSD and stuff we say there is a 12-step process too. That is the first hurdle is accepting the fact that you have to get help.

If my wife hadn't drug me to the hospital I probably wouldn't have made it because I was pretty much at the lowest point that I probably had been in my entire life. Once she brought me to the hospital, I found somebody that I could trust in the mental health field. Probably six months before it started and she would ask me what is wrong and we would fight and things like that. It took a few months just for her to figure out that it wasn't me actually doing it, it was more of like an inability to control anything that was going on. Once she did that and I finally got over the fact that it wasn't me and I did need help from somebody other than myself. Before she would give up she decided that day that it was time for me either to go or they were leaving. I kind of agreed.



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