

Feeling on edge almost got the best of me

Tim: You wake up with nightmares. Sometimes you couldn't even sleep. Loud noises would scare you. It was the thoughts were running rampant and it got the best of me at times. A thunderstorm would be like the worst, mortars are coming down. It would just the lightening, you would think that they were the explosions. A lot of the other stuff where, the discontent and the feeling of worthlessness and all, that started happening over time.

There were times where you're just driving down the road and all of a sudden you see something, the broken-up patch of road and then it does send you back, puts you right back in a Humvee and everything else.

My family would tell me constantly that I needed help. I would, I spent several times in the hospital with suicidal attempts and stuff like that and then it just took one day for me to say, "I need the help and I'm tired of living like this." I went to the VA and I said, "I want help and I want help in any avenue I can get it."



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