

Turning to family instead of alcohol

John: I still prefer drinking than I did anything else. The only thing I really enjoyed doing was still drinking and I didn't really enjoy anything else. It wasn't until after I got out, I mean I did have to go to rehab for a little bit, slowed me up on my drinking, but once I got out I was drinking again.

Because when I got out I had absolutely no support, nobody that I knew was around, none of my buddies were there and it was like starting all over again. So, I started drinking again. The drinking really got bad but what got me under control of that was when I finally ended up moving in with my kids and becoming a single dad. Having to put them first you know. Needing you know, bills have to be paid so it is not like I can go out drinking and drink out whatever I'm getting because I have to take care of them.

When I got to my worst points after drinking you know like I said, everything comes back and hits you and the depression comes on ten-fold. What stopped me from ever doing anything really bad to myself was again, my kids. If it was not for my children, not sure what I would have done. But inside I knew "Ok if I did anything" well my kids still need me.

Who's going to be there. So, it was really hard when I finally called for help. I will say one thing, the commercials or the little stickers they have as far as calling the Veteran's lines when they say: "It takes the strength of a warrior." They are not kidding because it is very hard, and it takes a lot of strength to actually make that call.



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