

## **Family Members of Veterans Share Their Stories**

**Interviewee 1:** As a spouse or a loved one of a soldier, it takes a lot of backbone yourself.

**Interviewee 2:** Somebody's always in harm's way, and that's stressful.

**Interviewee 3:** I was scared. I broke down and started crying in the hallway.

**Interviewee 4:** The family gets torn apart, pulled in so many different directions.

**Interviewee 5:** I didn't notice a lot of things right away except that he was a little, kind of distant.

**Interviewee 2:** When he got back from Iraq, he pulled guard on the window every thunderstorm for about a year.

**Interviewee 6:** We'd get into the argument and things came out where I was like this has nothing to do with us. Then I realized, it really feels like she's got something going on here too.

**Interviewee 5:** I think one of the toughest things is to actually acknowledge that you might just need to talk to somebody.

**Interviewee 7:** I know you think that maybe it's not very macho to say I need help. But I know you do and I do too and if you could just do this for me.

**Interviewee 6:** You can only lead as far as you've gone. So, you need to go yourself and see what the VA's like, and she did.

**Interviewee 8:** Anyone can be supportive, your family, your friends. But what's lacking is that connection with someone who's going through the exact same thing. And until you can find that you're not gonna feel that sense like "ahh" like you get it.

**Interviewee 9:** There's the VA. There's also places like the Vet Center. There are private counseling that is offered to them.

**Interviewee 2:** He started realizing that you know he's not the only person and it really kinda opened up some doors so that then we could talk.

**Interviewee 10:** There is so much more help out there, and understanding than you'd even realize. Even if it's just a friend or a family member or just a hotline, do something.



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