

Support Works

Trista: I find really quickly that once you start talking to women vets, our experiences are very similar. You have this idea of, it's people who have got a physical injury that need to go to the VA. And it's not just about physical injuries.

Kelly: I had spent six weeks with a counselor, and throughout the time, every week that I saw him, he said, "I think you should go to group therapy. I think you should go to group therapy every time." And finally, I just gave in. "Fine, I'll go once." And it was a women's group for individuals who had gone through trauma. And listening to other women talk, even though they hadn't gone through what I had went through, it turned out to be the best decision that I had ever made.

Kim: I had a baby and postpartum, I think, kicked in. I did not realize I was going through postpartum. And I think it went unhidden for years.

Jennifer: Therapy for me was life changing and empowering. We have to find groups that understand us because of everything we've been through.

Kelly: And once you realize that it doesn't matter what you've been through you just work through it together, and it was very empowering.

Jennifer: So, it's really nice to have that connection where they just get you.

Kim: Go on out there and get that professional help. It's the best thing that you could ever do.

Trista: It's all about talking, and it's amazing what you can do by just telling and owning your own story.



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