

## Sharing My Story

**Tonya:** I did have my kids sit down and I explained to them what had happened. And my oldest was like, “We get it now. We get it.”

**Joel:** It was hard for me to tell her, but I was having suicidal thoughts again. She thanked me. I was only hindering our growth by not educating her on the VA system, PTSD, all these groups. So now I make an effort to mention to her like, “Oh, this is what's going on.”

**Jeffrey:** I don't know what it was that my wife saw, but she noticed something. She was like, “No, you need to call your therapist. Don't run from this. This is a temporary problem.”

**Stephanie:** And then he just said, “Mom, I knew something was different about you.” And our relationship is stronger.

**Kionte:** It felt good to have someone understand you.

**Tonya:** Once you tell that one person, it gets easier to get the help that you need.



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