

You're Not Alone. Support Is Available.

Don: Your first step is realizing there's something wrong.

Dave: It was a pretty significant gap from the time I was a squadron commander and got help. I was really worried about even just walking near the mental health clinic.

Jodie: If I was going to move forward, I needed to consult other people.

Jennifer: I needed to stop pushing away and then go find the help that I needed.

Jeffrey: I decided that enough is enough.

Julian: The mission is no longer counterterrorism. The mission is you.

Sam: You have to seek it.

Stephanie: Once you heal yourself, you're able to empower the ones you love.

Don: You're going to be the one pushing forward and making the results, but you need somebody there to guide you and help you.

Announcer: It's time to take the next step. Visit *MakeTheConnection.net* to find out how.



U.S. Department
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