

## Reaching out can be what's best for your family

**Tiffany:** We've recently started in on some counseling. For him, for me, and for us, because it's a trickle-down effect. At first, he thought it was just about him, and he could deal with it and "This isn't anything about you or the boys, this is all about me." But it took a while for him to see that there were kind of devastating effects on myself and on our kids now and he didn't want that, he doesn't want that. He wants, just like any man, wants the very best for his family and it took a lot, because he thought he was strong enough to handle it. But he realizes that actually the wise, manly thing to do is to go get some help because we all need help sometimes, and it doesn't make us any less of a Marine, in his case, or any less of a man, or any less of a human. That's what humanness is, supporting one another and working through those really traumatic situations so that you can power through and move forward with a much more pleasant, healthy, whatever norm is for you and your family kind of life.



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