

I didn't talk to anyone about my Army experiences

Marylyn: I didn't talk to anyone, that is part of the problem with the isolation, the withdrawal, when your family doesn't know what to say to you and family and friends don't know and can't make the connection between what you experienced in the military and how that is manifesting when they interact with you. They might think something is going on, but I did not have anyone in my life that pointed that out to me. So what benefitted me the most was going to the Vet center. Being in the support groups of combat women veterans and listening to their stories and doing some, what we call self-work. You know looking at what I had been through and the choices I was making, that is what benefitted me the most.



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