

## Support Along Your Mental Health Journey

**Tonya:** When I first got out, I felt like mental health treatments were for older people, Vietnam era. And so, I didn't think that it would apply to me.

**Lucinda:** I hadn't been in the jungle. I hadn't been in the desert. I mean, I knew something was wrong with me, but I have adamantly denied that I had PTSD.

**Mike:** It'll go away or it won't be a difficult thing for me, but that really doesn't work. It's kind of a lie you tell yourself to make it seem like you're still in control of stuff, but you're really not.

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

**Daniel:** I was very concerned that if I started just talking to somebody about my experiences, that they would tell other people or tell my command.

**Mike:** You're very selective about who you talk to. That's why a lot of Veterans only talk to other Veterans who have experienced the same thing.

**Lucinda:** 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.

**Priscilla:** Just after I transitioned, was when I decided that I would use all the medical services available through the VA.

**Jodie:** You harbor certain things inside you. You realize when you talk about them, that they're not as bad as you think they are.

**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.

**Leon:** You fought in the war. You were tough. All right, now you're out of it. You get tougher.

**Veteran 1:** You have to make that step.

**Daniel:** This is something I should have done much sooner.

**Dave:** They're going to make your life better.

**Tony:** People do care about you.

**Susan:** Find out what's there for you.

**Lucinda:** Do it right away.



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CONNECTION**

**Don:** Get help.

**Jennifer:** You're going to win. You're going to come out on the other side and you're going to be better.

**Announcer:** It's time to take action. Visit *[MakeTheConnection.net](http://MakeTheConnection.net)* to find out how.



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