**U.S. Department of Veterans Affairs**

*Office of Mental Health and Suicide Prevention*  
**Mental Health Month Newsletter Content**

**May 2024**

Long Version: 356 words

Headline:

VA’s Mental Health Month Campaign Highlights Veterans’ Real-Life Stories

Content:

With the support of loved ones, communities and care teams, Veterans from all branches and service eras have learned to manage their mental health symptoms and enjoy fuller lives. Often, these Veterans say mental health treatment helped them address their challenges and find a new sense of self, balance, purpose, motivation and connection to family and community.

However, many Veterans never seek the care that could help them heal and thrive.

The observance of Mental Health Month in May provides another opportunity to encourage Veterans to obtain the care they deserve. To that end, the U.S. Department of Veterans Affairs (VA) is highlighting stories from Veterans who describe, in their own words, how mental health treatment has vastly improved their lives. Their stories are featured at [MakeTheConnection.net/mhm](https://www.maketheconnection.net/mental-health-month/).

On the Mental Health Month campaign site, each Veteran’s story completes the thought, “Today I am …” For example: Today, Dennis is *healing*. The Army Veteran experienced posttraumatic stress disorder (PTSD) symptoms — including feelings of anger, anxiety, combativeness and numbness — after serving as an infantryman from 2001 to 2005. Dennis resisted treatment for years but then found healthy outlets for his emotions through individual and group therapy, as well as taekwondo.

“You’re not going to be able to heal from a particular issue unless you address it,” [Dennis](https://www.youtube.com/watch?v=Ci2EDao1v5k) says.

Another Veteran, Courtney, found her transition to civilian life challenging after serving 10 years in the Army. The single mother of three lost her car, home and will to live. But through therapy and treatment for military sexual trauma and PTSD, she can declare that today, she is *thriving*.

“My relationship with people have improved tremendously after my mental health treatment, and I’m so much closer to my friends and my family and my kids,” [Courtney](https://www.maketheconnection.net/stories/963/) says.

These personal stories amplify VA’s year-round messages to Veterans: that it’s OK to seek help and that VA offers a variety of proven treatment options that can put Veterans’ daily lives on a better track. During Mental Health Month, learn more about the stories of Dennis, Courtney and other Veterans — and how to find the VA resources that helped them — by visiting [MakeTheConnection.net/mhm](https://www.maketheconnection.net/mental-health-month/).

Medium Version: 277 words

Headline:

VA’s “Today I Am” Campaign Highlights the Value of Mental Health Care

Content:

With the support of loved ones, communities and care teams, Veterans from all branches and service eras have learned to manage their mental health symptoms and enjoy fuller lives. Often, these Veterans say mental health treatment helped them address their challenges and find a new sense of self, balance, purpose, motivation and connection to family and community.

However, many Veterans never seek the care that could help them heal and thrive.

The observance of Mental Health Month in May provides another opportunity to encourage Veterans to obtain the care they deserve. To that end, the U.S. Department of Veterans Affairs (VA) is highlighting stories from Veterans who describe, in their own words, how mental health treatment has vastly improved their lives. Their stories are featured at [MakeTheConnection.net/mhm](https://www.maketheconnection.net/mental-health-month/).

On the Mental Health Month campaign site, each Veteran’s story completes the thought, “Today I am …” For example: Today, Dennis is *healing*. The Army Veteran experienced posttraumatic stress disorder symptoms — including feelings of anger, anxiety, combativeness and numbness — after serving as an infantryman from 2001 to 2005. Dennis resisted treatment for years but then found healthy outlets for his emotions through individual and group therapy, as well as taekwondo.

“You’re not going to be able to heal from a particular issue unless you address it,” [Dennis](https://www.maketheconnection.net/stories/964/) advises.

These personal stories amplify VA’s year-round messages to Veterans: that it’s OK to seek help and that VA offers a variety of proven treatment options that can put Veterans’ daily lives on a better track. During Mental Health Month, learn more about the stories of Dennis and other Veterans — and how to find the VA resources that helped them — by visiting [MakeTheConnection.net/mhm](https://www.maketheconnection.net/mental-health-month/).

Short Version: 78 words

Headline:

VA’s “Today I Am” Campaign Highlights Veterans’ Real-Life Stories

Content:

With the support of loved ones, communities and care teams, Veterans from all branches and service eras have learned to manage their mental health symptoms and enjoy fuller lives.

“You’re not going to be able to heal from a particular issue unless you address it,” U.S. Army Veteran [Dennis](https://www.maketheconnection.net/stories/964/) says.

During this Mental Health Month, learn more about the stories of Dennis and other Veterans — and how to find the VA resources that helped them — by visiting [MakeTheConnection.net/mhm](https://www.maketheconnection.net/mental-health-month/).