**Long Version:** 364 words

**Headline:**

Veterans Share How Mental Health Care Transformed Their Lives

**Content:**

We may find ourselves reflecting often on who we were, and who we are, and second-guessing decisions. We may wonder, “Is this the version of me that I want to be now—the version I want to be in 20 years? How will these choices I’m making impact who I am?”

This Mental Health Month 2025, the U.S. Department of Veterans Affairs (VA) is again highlighting stories from Veterans, in their own words, about the choices they made and how those impacted their mental health journeys. VA’s theme for this year’s observance, **This Version of Me**, focuses on how Veterans worked through their mental health challenges with effective treatments to become healthier versions of themselves now and into the future.

Jo, an Air Force Veteran, had never addressed the mental health impact of a 1996 terrorist attack on her barracks. When she transitioned to civilian life after 26 years of service, her family didn’t understand why she was anxious, hypervigilant, and isolating herself. With treatment for posttraumatic stress disorder and the support of a women’s therapy group, Jo reconnected with her family, rebuilt her life, and reclaimed a sense of peace.

“Through seeking help, you also gain a village of friends that will always lift you up,” Jo says.

Kevin, an Army Veteran who served in an air defense artillery unit, started using drugs and alcohol in an attempt to cope with chronic ringing in his ears. He continued misusing substances for more than 20 years and eventually became homeless. Then he found treatment, including cognitive behavioral therapy, that helped him manage his mental health conditions and become sober.

“The way you think has a lot to do with the way you feel, and the way you feel has a lot to do with your behavior,” Kevin says. He became a peer specialist to help other Veterans on their recovery journeys.

Personal stories like these amplify VA’s year-round message to Veterans: It’s OK to seek help, and there are a variety of evidence-based treatments that work. During Mental Health Month, learn more about the stories of Jo, Kevin, and other Veterans—and how to find the VA resources that helped them—by visiting [**MakeTheConnection.net/MHM**](https://maketheconnection.net/MHM?utm_campaign=2025mhm_outreach&utm_source=outreach&utm_medium=newsletter&utm_content=long).

**Medium Version:** 266 words

**Headline:**

Veterans Share How Mental Health Care Transformed Their Lives

**Content:**

We may find ourselves reflecting often on who we were, and who we are, and second-guessing decisions. We may wonder, “Is this the version of me that I want to be now—the version I want to be in 20 years? How will these choices I’m making impact who I am?”

This Mental Health Month 2025, the U.S. Department of Veterans Affairs (VA) is again highlighting stories from Veterans, in their own words, about the choices they made and how those impacted their mental health journeys. VA’s theme for this year’s observance, **This Version of Me**, focuses on how Veterans worked through their mental health challenges with effective treatments to become healthier versions of themselves now and into the future.

Stefan, a Marine Corps Veteran, had never addressed the mental health impact of losing a friend during his deployment in Afghanistan. After transitioning to civilian life, he often felt on edge and had difficulty finding a new sense of purpose. Therapy gave him a safe space to process his past experiences and equipped him with tools to manage symptoms from traumatic brain injury, posttraumatic stress disorder, and bipolar disorder. Now he maintains his mental well-being by wakesurfing and staying committed to his therapy homework.

“It directly translates into my life being happier,” Stefan says.

Personal stories like Stefan’s amplify VA’s year-round message to Veterans: It’s OK to seek help, and VA offers a variety of evidence-based treatments that work. During Mental Health Month, learn more about the stories of Stefan and other Veterans—and how to find the VA resources that helped them—by visiting [**MakeTheConnection.net/MHM**](https://maketheconnection.net/MHM?utm_campaign=2025mhm_outreach&utm_source=outreach&utm_medium=newsletter&utm_content=medium).

**Short Version:** 129 words

**Headline:**

Veterans Share How Mental Health Care Transformed Their Lives

**Content:**

We may wonder at times: “Is this the version of me I want to be now, or the one I’ll want to be in 20 years?” This Mental Health Month, the U.S. Department of Veterans Affairs (VA) highlights Veterans’ stories about the choices that shaped their mental health journeys and impacted who they are today. The 2025 theme, **This Version of Me**, focuses on how Veterans overcame challenges with the help of mental health treatment.

“It directly translates into my life being happier,” says Stefan, a Marine Corps Veteran whose treatment for traumatic brain injury, posttraumatic stress disorder, and bipolar disorder helped him become more active and positive.

Hear from Stefan and other Veterans in their own words—and explore the VA resources that helped them—by visiting [**MakeTheConnection.net/MHM**](https://maketheconnection.net/MHM?utm_campaign=2025mhm_outreach&utm_source=outreach&utm_medium=newsletter&utm_content=short).