



U.S. Department
of Veterans Affairs

MAY IS MENTAL HEALTH MONTH

WHO UNDERSTANDS VETERANS BETTER THAN OTHER VETERANS?

This Mental Health Month, hear from hundreds of Veterans who explain openly and honestly, in their own words:

- How certain symptoms made them realize they could benefit from mental health care
- What held them back from asking for help—and how they overcame their hesitation
- Which mental health treatments worked best for them, and how it changed their lives
- What they want other Veterans to know about mental health care

Veterans of all ages, branches, and backgrounds are sharing their stories of military and civilian life experiences and challenges. Find a story that speaks to you.

HEAR VETERAN STORIES

[MakeTheConnection.net/MHM](https://www.MakeTheConnection.net/MHM)

