



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://MakeTheConnection.net/MHM)**

