

MAY IS MENTAL HEALTH MONTH



U.S. Department  
of Veterans Affairs

TODAY **I AM**

# SHARING MY STORY

Veterans from various branches and backgrounds share their mental health journeys in their own words, including their post-service challenges and the mental health care that helped them heal and thrive.



*Hear Their Stories*

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

