

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)

