



MAY IS MENTAL HEALTH MONTH

U.S. Department of Veterans Affairs

You can overcome your past and challenges, no matter where you are in your mental health journey. This Mental Health Month, hear seven Veterans describe how prioritizing their mental health treatment unlocked their potential to become improved versions of themselves.

Looking for more stories to connect with? Explore Make the Connection to hear from hundreds of real Veterans, who share their stories in their own words and talk openly about their mental health and the care that helped them.



***Hear Their
Stories***

MakeTheConnection.net/MHM