**Long Version:** 370 words

**Headline:**

Veterans Share How Mental Health Care Transformed Their Lives

**Content:**

We may find ourselves reflecting on who we were in the past and who we are now, and second-guessing decisions we’ve made. We may wonder, “Is this the version of me that I want to be now? The version I want to be in 20 years? How will the choices I’m making impact who I am?”

During National Recovery Month 2025, the U.S. Department of Veterans Affairs (VA) is highlighting stories from Veterans, in their own words, about the choices they’ve made and how those choices have impacted their mental health journeys. VA’s theme for this year’s observance, **This Version of Me**, focuses on how Veterans worked through their mental health challenges with effective treatments to become healthier versions of themselves now and into the future.

Jo, an Air Force Veteran, had never addressed the mental health impact of a 1996 terrorist attack on her barracks. When she transitioned to civilian life after 26 years of service, her family didn’t understand why she was anxious, hypervigilant, and isolating herself. With treatment for posttraumatic stress disorder and the support of a women’s therapy group, Jo reconnected with her family, rebuilt her life, and reclaimed a sense of peace.

“Through seeking help, you also gain a village of friends that will always lift you up,” Jo says.

Kevin, an Army Veteran who served in an air defense artillery unit, started using drugs and alcohol in an attempt to cope with chronic ringing in his ears. He continued misusing substances for more than 20 years and eventually became homeless. Then he found treatment, including cognitive behavioral therapy, that helped him manage his mental health conditions and become sober.

“The way you think has a lot to do with the way you feel, and the way you feel has a lot to do with your behavior,” Kevin says. He became a peer specialist to help other Veterans on their recovery journeys.

Personal stories like these amplify VA’s year-round message to Veterans: It’s OK to seek help, and there are a variety of evidence-based treatments that work. During National Recovery Month, learn more about the stories of Jo, Kevin, and other Veterans—and how to find the VA resources that helped them—by visiting [MakeTheConnection.net/recovery](https://www.maketheconnection.net/recovery/index.html?utm_campaign=spread_the_word_nrm&utm_source=newsletter&utm_medium=newsletter&utm_content=long).

**Short Version:** 130 words

**Headline:**

Veterans Share How Mental Health Care Transformed Their Lives

**Content:**

We may wonder at times: “Is this the version of me I want to be now? Is it the version I’ll want to be in 20 years?” This National Recovery Month, the U.S. Department of Veterans Affairs (VA) highlights Veterans’ stories about the choices that shaped their mental health journeys and impacted who they are today. The 2025 theme, **This Version of Me**, focuses on how Veterans overcame challenges with the help of mental health treatment.

“It directly translates into my life being happier,” says Stefan, a Marine Corps Veteran whose treatment for traumatic brain injury, posttraumatic stress disorder, and bipolar disorder helped him become more active and positive.

Hear from Stefan and other Veterans in their own words—and explore the VA resources that helped them—by visiting [MakeTheConnection.net/recovery](https://www.maketheconnection.net/recovery/index.html?utm_campaign=spread_the_word_nrm&utm_source=outreach&utm_medium=newsletter&utm_content=short).