



U.S. Department  
of Veterans Affairs

# SEPTEMBER IS NATIONAL RECOVERY MONTH



## ***THESE VETERANS WANT YOU TO KNOW RECOVERY IS POSSIBLE***

Hundreds of Veterans are sharing their recovery journeys so other Veterans can learn from their experiences. Hear them talk openly and honestly about:

- How they found hope and overcame their reluctance to ask for help
- Which treatments helped most with PTSD, anxiety, depression, and other conditions
- How they overcame substance use disorder and found lasting sobriety
- What helped them navigate setbacks so they could continue to recover and thrive
- Which types of activities helped them build on their treatment-driven gains

## ***HEAR RECOVERY STORIES***

**[MakeTheConnection.net/recovery](https://MakeTheConnection.net/recovery)**

