

SEPTEMBER IS NATIONAL RECOVERY MONTH

U.S. Department of Veterans Affairs

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