

“  
I  
KNOW  
HOW  
IT FEELS ...



to bring the war home.”

**MY SOLUTION...** The nightmares started in late May after my battalion's first major engagement in Afghanistan. As combat continued, so did the nightmares. Though my time in a war zone eventually ended, the recurring nightmares never did. I knew something was wrong, and I sought help. I see a counselor every week, I take it day-by-day, I accept the help that is available and I do what I need to do to get better. "Follow Me" isn't just for combat ... it is for recovery too.

You are not alone. We Stand as



**LET US HELP**

- 24-Hour Chaplain Hotline: 785 239 HELP (4357)
- Army Community Service: 785 239 9435
- Fort Riley Military Police: 785 239 6767
- Behavioral Health: 785 239 7291
- Suicide Prevention Text Line: 838255
- Suicide Prevention Lifeline: 800 273 TALK (8255)