

“
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

• Military OneSource: 800 342 9647

• Suicide Prevention Text Line: 838255

• Suicide Prevention Lifeline: 800 273 TALK (8255)