

“I
KNOW
HOW
IT FEELS ...



to have to choose the harder right.”

MY SOLUTION... When I was injured, I didn't want to go to the doctor because I was afraid I would be letting my Soldiers down. As a leader, I know how hard it can be to practice what you preach when it means taking time away from your team. It took a meeting with my troop commander to make me understand that I couldn't take care of my troops if I wasn't taking care of myself. Taking time off to treat my injury was a hard choice, but it was the right one for me and for my Soldiers.

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)