“I KNOW HOW IT FEELS ...”

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 1

LET US HELP
• Chaplain Hotline: 580 442 5003
• Behavioral Health: 580 442 4832
• Fort Sill Army Community Service: 580 442 4916
• Fort Sill Military Police: 580 558 6022
• Suicide Prevention Text Line: 838255
• Suicide Prevention Lifeline: 800 273 TALK (8255)