

“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

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LET US HELP

• Military OneSource: 800 342 9647

• Suicide Prevention Text Line: 838255

• Suicide Prevention Lifeline: 800 273 TALK (8255)