

“  
I  
KNOW  
HOW  
IT FEELS ...



to want to give up on my marriage and walk out on my family.”

**MY SOLUTION...** Never knowing when my Soldier will be home or what the next day might hold is difficult — on me, my marriage, my family. Talking to other spouses and Soldiers and taking advantage of programs like the Resilient Spouse Academy and Army Family Team Building gave me a better understanding of Army life and the tools I need to be successful in this environment. I know that the only one who controls the outcome of my marriage is me. I choose to fight the good fight because fighting for your marriage and your family may be the most important fight of all.

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)