

“I
KNOW
HOW
IT FEELS ...”



to fool yourself into believing you're okay.”

MY STORY... A series of abusive relationships brought me to a bad place in my life. I couldn't keep up at work or on runs, and I was drinking too much. My first sergeant noticed I was breaking down. He referred me to the Army Substance Abuse Program and encouraged me to learn how to deal with my problems. That push was what I needed to see that my way of dealing with things wasn't working — I wasn't okay. I know now that if you need help, it is best to get it early. You can go for a while without help, but the problems you are ignoring can eventually destroy you and your career.”

You are not alone. We Stand as

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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)