



*Don't wait.*  
**Reach out.**

## “The Question” :60

I was a Technical Sergeant, E-6.

I served in Vietnam in 1969.

I was a sergeant in the United States Army paratrooper.

I am an U.S. Army veteran.

I was in Marine Corps 2000 – 2004.

I served in the Army National Guard for almost 17 years.

I served in the United States Air Force for four years.

This is my crew that I used to load bombs with.

I was a baby in this one.

My first deployment in a Humvee and dirty and dusty.

This was related to my daughter, Brenna.

It was her birthday.

I was in Afghanistan and I had my friend take this at the chow hall.

I truly almost don't recognize that person.

It was the most meaningful period of my life.

It's just because it's hard being out.

It's like still the best time of our lives, you know.



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# *Don't wait.* **Reach out.**

You can't get that anywhere else.

Have I ever asked for help myself?

It's always tough, right?

Yeah, that's a good question.

Um...

I can't...I can't say that I have. I mean, um...

I always feel like I can solve my own problems.

But eventually, you know, you just can't deal with it on your own.

I guess it's a part of the military too, right, service before self.

It was drilled in service before self.

There's something about the camaraderie of some of the people I know from Vietnam.

There is something deeper, I think.

Most of us, we're not going to admit that we need the help.

If you don't have someone to kind of help you guide those thoughts.

It can be really bad.

And you start to question, maybe people will be better off without me, you know?



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*Don't wait.*  
**Reach out.**

[SUPER ON SCREEN] If you're struggling, do for yourself what you'd do for others.

When you realize that you're not alone, once you take that first step, there is so much support.

We just have to take the action to go and get it.

[SUPER ON SCREEN] Don't wait. Reach out.

**Find resources at [VA.GOV/REACH](https://www.va.gov/reach).**



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