



Don't wait.
Reach out.

“Women Veterans” :30

[**Veteran 1**] You know you don't have to wear your PT gear anymore, right?

[**Veteran 2**] It's comfortable.

[**Veteran 1**] So how's civilian life treating you?

[**Veteran 2**] It's fine.

[**Veteran 1**] When I got out, I didn't wanna admit that there was anything wrong because I felt like a failure. And then, I realized there's nothing to be ashamed of. So, I started talking to someone. Maybe you are fine, but if you're not, it's okay.

[**Veteran 2**] Thank you.

[**Voiceover**] If you or a Veteran you know needs support, don't wait. Reach out.

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



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