



Don't wait.
Reach out.

Community :60

[**Jesse**] Finding communities is difficult. I come across Veterans from time to time that relate to how I feel and that became my new community.

[**Santa Barbara**] We have these outlets where we contact each other and talk about certain things that I can't talk to anybody about.

[**Caleb**] I had fellow Marines I would talk to and call and they were people I called when I was hurting the most.

[**Santa Barbara**] It's beautiful to be able to be yourself around the people you love and care about and people you've been around and they've seen the worst of you, they've seen the best of you.

[**Rebecca**] When you're in the right unit, it is family..

[**Caleb**] And it was because I had them that I eventually went and got help and it saved my life.

[**Rebecca**] Go get help. I mean, it's there. You are so worthy.

Don't wait. Reach out.

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



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