



Make the Connection: Explore Veterans' Stories of Help and Hope

No matter what life event or mental health concern you may be facing, support is available. At [MakeTheConnection.net](https://www.maketheconnection.net), you can learn how Veterans managed their personal challenges and found support that worked for them.



“ Whether you are Army, Marine Corps, Navy, whatever branch you are at — officer enlisted, 10 years, or four years. At the end of it, we all share the title ‘Veteran.’ If you are having a tough time, we are here, we are family — reach out. ”

— Ryan, Marine Veteran



Explore the free video gallery, podcast episodes and articles to find inspirational stories as told by Veterans from every era and branch of service.

At [MakeTheConnection.net](https://www.maketheconnection.net), you can:

- Find stories of help and hope told in Veterans' own words.
- Learn about the signs, symptoms and treatment options for a variety of mental health conditions.
- Find local mental health resources and support for Veterans and their family members.
- Sign up for VA health care.

Learn more at [MakeTheConnection.net](https://www.maketheconnection.net)



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CONNECTION**



U.S. Department
of Veterans Affairs