



Don't wait.
Reach out.

“The Question” :60

I was a Technical Sergeant, E-6.

I served in Vietnam in 1966.

I am a U.S. Army Veteran.

Interviewer: Have you ever helped a fellow Veteran?

Of course.

Yes.

Try to always be there for each other.

I do my best reaching out to my brothers and sisters in arms

Interviewer: Have you ever helped a fellow Veteran?

That's always tough, right?

Um...

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

If you don't have someone to kind of help you guide those thoughts, it can be really bad.

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

I guess it's part of the military too, right? Service before self.

It was drilled in: service before self.

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



VA



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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.

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

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



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