

## Take the First Step To Find Support

**Priscilla:** Just after I transitioned was when I decided that I would use all the medical services available through the VA.

**Jodie:** You harbor certain things inside you. You realize when you talk about them that they're not as bad as you think they are.

**Don:** There was a rapport. They could see my side of it, where I was coming from.

**Julian:** We just hit it off, and personalities alike. And I was able to ask them those serious questions of, "Why am I here?"

**Jodie:** I felt relieved that I was being heard.

**Tonya:** It was a relief. It felt like a ton of bricks had been lifted off of me.

**Daniel:** This is something I should have done much sooner.

**Dave:** They're going to make your life better.

**Tony:** People do care about you.

**Susan:** Find out what's there for you.

**Lucinda:** Do it right away.

**Fred:** Get help.

**Jennifer:** You're going to win. You're going to come out on the other side and you're going to be better.

**Announcer:** It's time to take action. Visit *[MakeTheConnection.net](http://MakeTheConnection.net)* to find out how.



U.S. Department  
of Veterans Affairs

**MAKE THE  
CONNECTION**