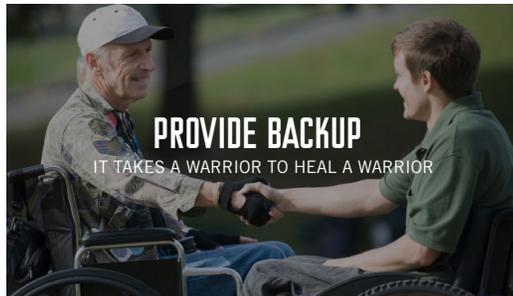


09

Sometimes the best way to help yourself is to help another. So be the backup another vet needs. The simple act of fighting alongside another will remind you that you don't fight alone, that there's an army fighting with you, and that you have an ally in the war at home. In the process, you'll find the support you give another will support you, too.



PROVIDE BACKUP

IT TAKES A WARRIOR TO HEAL A WARRIOR

10

War is work. But victory is worth it. Take each day as it comes, give it your all, and don't waste time beating yourself up over the bad ones. Focus on the next thing that you can do better. Forget the failures and let the positives pile up. There's health and happiness on the other side.



NEVER SURRENDER

YOU WON'T WIN ALL THE BATTLES BUT YOU CAN WIN THE WAR



UNITED IN THE WAR AGAINST VETERAN SUICIDE

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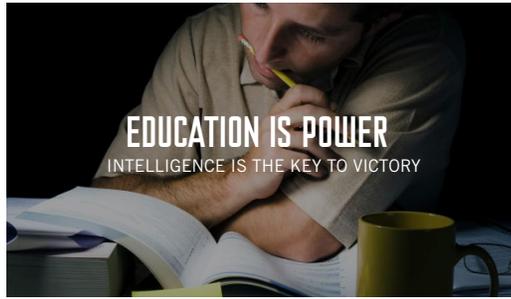


INTEL FOR VETERANS

You made it through one war, only to come home to another. But just as your training prepared you to serve abroad, the training below will help you win the war at home.

01

Your battle won't be won without a fight. And, like any conflict, knowledge is a weapon. Learn about the enemies you face. Confront them. And become an expert in your own battle against the effects of war.



02 BE BRAVE

HAVE THE COURAGE TO ASK FOR HELP

You may feel vulnerable asking for help, but be brave enough to admit when you need backup. You're not alone. There's an army behind you. Find a counselor, psychiatrist, family member or friend who is willing to help. You fought for your brothers in arms before. Let your community fight for you.

03

Though family and friends might not have all the answers, the more you share about your feelings and struggles, the better equipped they will be to help you face them. Educate those people in order for them to become your allies in the war against PTSD.



"Hyper vigilance is very hard to control. But it can be controlled. My advice, bring your family and friends in on it. Share your fears. And then move to conquer them. I once carried an imaginary rifle through a grocery store aisle when a muffler backfired in the parking lot. My girlfriend noticed and actually had a calming, funny reaction to me doing it, because she understood me and my situation. And know this: It might not be the right time to go out in public today and that's ok, but make a commitment to yourself and get out there when the time is right for you."
—Magnus Johnson

04 REACHING OUT

LAUNCH A COUNTER OFFENSIVE

Don't simply defend. Reach out to your family, friends, and community. Find strength in numbers and push the enemy back. Isolation is one of the biggest causes of depression and suicide. Some days are better and some are worse. It's a process and you're going to feel how you feel. What's important is that you take each day as it comes. Deal with your feelings as constructively as possible. Most importantly, keep fighting. It's worth it.

05

SUBSTANCE ABUSE

DON'T BURY THE PAIN

Drinking and drugs are not an exit strategy. Substance abuse doesn't numb the pain—it weakens your resolve and ability to fight. Help is available in the fight against substance abuse. If you need help, it's up to you to take the first step.

06

You'd be amazed what a little discipline in your diet can do for your overall mood—in addition to your physical, mental, and emotional well being. Sleep is different for everyone, but a balanced sleeping schedule can help normalize and combat feelings of depression. More importantly, it will give you the energy you need to stay in the fight.



07

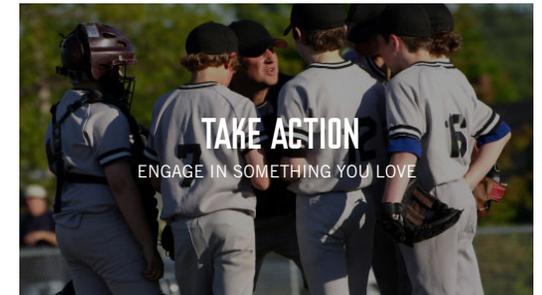
MOVE, MOVE, MOVE

BE FIT FOR THE FIGHT

Physical exercise is essential for people like us. It just is. There's no excuse, and the benefits are immeasurable. No matter your impairment, there's something you can do. One triple amputee does one-arm push-ups against a wall.

08

It doesn't have to be a veterans group, but seek out something you're passionate about. Everyone needs purpose and participating in something you love is rewarding. So make it your mission to get back to being you.



"There are so many things I would have missed out on if I didn't force myself to participate. If I hadn't gone out to the restaurant, I wouldn't be in an amazing relationship right now. If I didn't seek out art instruction, I wouldn't have a company that now does national art projects. And this is coming from a guy who once spent three weeks in his house alone, in bed. It takes time, but you have to push yourself to succeed."
—Magnus Johnson