

#MyVoice: Many still struggle to find mental health support for an injured member.

Tonight I am speaking for many spouses who feel overwhelmed and frustrated. There is an obvious lack of real mental health support and follow up after deployments finish. When the member comes home, and the demons haunt them, mental health services fail to support and rehabilitate them. As spouses, where do we go to advocate for our beloved forces members?

My husband came home from a deployment in April. He tried to deal with his demons internally. Psych support from the base was a joke. I had to push and pull and beat the emotional demons out of him.

Please call the Family Information Line any time for any reason. They are there to help and support you.

The struggle is real! And the disconnect that my husband feels is his battle NOT the family unit is overwhelming.



48 families engaged



11 comments



20 likes



3 loves



3 sad

