



Help Veterans Make the Connection With the Support They Deserve

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[Mike](#), a member of the Veterans of Foreign Wars (VFW), served in the U.S. Army during the Vietnam War. He spent years keeping his combat-related emotions locked up—and depression, anger, and stress kept building in him. A hunting trip with fellow Veterans spent talking about combat experiences finally prompted him to reach out for help. Through counseling and with assistance from the U.S. Department of Veterans Affairs (VA), Mike was able to overcome his challenges.

Make the Connection is a VA campaign that highlights powerful stories of strength and connection like Mike's. At ***MakeTheConnection.net***, Veterans from every military branch, service era, and demographic group speak about their experiences during and after service in the military, including how they faced adversity, found support, and moved forward in their lives.

Hundreds of short videos of Veterans and their families are featured on this highly accessible online resource. The site also includes reliable information about mental health and resilience, common [life events and experiences](#), and a [locator](#) for Veterans' resources across the country.

As a member of VFW, you will discover hundreds of videos from Veterans like you and information about programs and resources in your community. You can also encourage other Veterans to explore [MakeTheConnection.net](#), visit our [YouTube](#) channel, and "like" the [Facebook](#) page. VA support helped Mike, and it can help you and other Veterans you know, too.

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