



- VO Monte Ever hear the one about the frog?

 Put a frog in a pot of boiling water and it'll jump
 right out.
- Interviewee Here's my resume.
- VO Monte But put a frog in a pot of cool water...

 And slowly heat it up...
 and that frog will boil.

 It's a lie.

 But as a metaphor for us,
 all that we go through as veterans,
- Interviewer Do you have any real-life experience?
- VO Monte It's a story that rings true.
- Wife Are you kidding me?
- VO Monte We make excuses for how we feel. We push

 everything down.

 We tell ourselves the lie that it's easier to stay
 in that boiling water,
 to disconnect.

 And some days, maybe,

 ... it is.



Don't wait. **Reach out.**

VA.GOV/REACH

But you've never been interested in easy.

Make no mistake.

Reaching out is hard.

Do it anyway.

Charlie

I need help.

VO Monte

You're not alone.

You've got this.

You. Are. Not. A. Frog

VO Lucy

Find resources va.gov/reach



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