

INVISIBLE WOUNDS. SPEAK UP. TAKE ACTION. POSITIVE RESULTS.

Start a Conversation. Share Resilience Stories. Support Others.

Everyone has a unique story. These service members tell their stories of resilience and how seeking treatment made them stronger. Be strong, speak up, and share your story. Show fellow Airmen and Guardians that they are not alone.



TSgt Graeme Clouden

"It's not easy, but I encourage you to take that first step in seeking help. Talk to someone about what's going on. Don't keep putting it off."



Capt Casey Ross

"My commanders were my lifeline. Find your lifeline early before your symptoms become so big they impact your career."



MSgt Jessica Clayton

"Treatment works, no matter how many times you have to go through it. It's made me a more resilient Airman."



SMSgt Phillip Sharpe

"None of us are truly strong enough to do everything we do on an island. We have to encourage a culture of support."



Maj Chris Harmer

"Find your trusted advocates and tell your story. You have to be willing to ask for help and willing to take a hard look at your own behaviors."



TSgt Brittany Johnson

"Take care of yourself first. Never be ashamed of what you went through. Never be ashamed to speak out. Never be ashamed to get help."

Want to share your story? Email contact@missionreadyforce.com.



Learn more about invisible wounds and resources at
www.MissionReadyForce.com

