

VA



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VA's 1 Step Today campaign promotes Veteran mental wellness

Month-long effort provides peer-to-peer advice

WASHINGTON — As part of Mental Health Month, the U.S. Department of Veterans Affairs launched [1 Step Today](#) to provide guidance curated by Veterans to inspire them to start on a path toward recovery, well-being and a healthier tomorrow, by taking one step at a time.

The new endeavor features mental health tips and advice from Veterans and for Veterans.

“Connecting with others, finding a new passion, picking up a new hobby, rediscovering joy, learning to forgive or reaching out for support and resources are integral to having positive mental health,” said Veteran Health Administration’s Acting Under Secretary for Health Richard Stone, M.D. “These and other activities can boost a Veteran’s mood, enhance their self-esteem and help them to overcome their challenges, either on their own or with support from VA.”

Throughout the month of May and beyond, VA encourages Veterans and their families to visit [MakeTheConnection.net/MHM](https://www.va.gov/MakeTheConnection.net/MHM) to learn more about mental health resources, sources of support for their mental health journey and treatment options in their communities. The web site connects Veterans to video testimonials and real-world advice from Veterans and others.

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