

The leading platform for individuals to share their true personal stories of living successful lives despite mental illness through poetry, original music, essay and comedy.

# THIS IS MY BRAVE®

STORIES FROM THE VETERAN COMMUNITY



OSCS Nicole Smith, USCG, Retired  
Aug 1999 - Nov 2019  
Hampton Roads 2020 Storyteller



EM2(SS) Marlon D. Deleon  
US Navy '99-'04  
Chicagoland 2016 Storyteller



Rowdy Gifford  
Vietnam Veteran  
Ft. Lauderdale 2018 Storyteller

“Ending the stigma surrounding mental illness, one story at a time”



Rudy Caseres  
LA 2017 Storyteller  
Army Veteran

The goal of This Is My Brave® is to empower individuals to share their true, personal stories about overcoming mental illness and addiction, to alleviate the stigma associated with these conditions, and to encourage those still suffering in silence to seek help and support.



# The need for **This Is My Brave**® - Stories from the Veteran Community



Vernard Hines  
Retired SFC United States Army  
Hampton Roads 2020 Storyteller

- 1 in 4 active duty military personnel show signs of a mental health condition ([NAMI](#))
- 17 Veterans die by suicide each day ([2021 Natl Suicide Prevention Annual Report](#))
- 37% -50% of Veterans who have returned from Afghanistan and Iraq are diagnosed with substance use disorder ([National Institute on Drug Abuse](#))
- 11%-20% of Veterans have been diagnosed with post-traumatic stress disorder (PTSD) ([US Dept of Veteran Affairs](#))
- 55 out of 100 women (or 55%) and 38 out of 100 men (or 38%) have experienced sexual harassment when in the military ([US Dept of Veteran Affairs](#))



“Everyone benefits from the open discussion of mental health.”

Rachel Potts, Storyteller, Jacksonville, FL 2017



**We are now seeking Veterans storytellers!**

To submit a story, please go to:

<https://thisismybrave.org/share-your-story/>

THIS IS MY  
BRAVE<sup>®</sup>

STORYTELLING SAVES LIVES

***This Is My Brave - Stories from the Veteran Community*** will air virtually on Thursday, November 10, 2022, at 8pm ET.

