



Prevention, Treatment and Outreach Program

West Virginia National Guard

Angry? **Stressed?** **Depressed?**
Abusing Drugs or Alcohol?
Suicidal Thoughts? **PTSD?**

As a Soldier, you've been trained to be "Army Strong" and to rely on your skills to get you through whatever life deals you. You're told by your peers to "Man Up!". Well, sometimes you need to be big enough to recognize a bump in the road. Do the bravest thing of all – get help!

Please contact SSgt Jessica Cunningham at (304) 380-6495 or by email at jessica.f.cunningham@us.army.mil