



Kirk Marthaler

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And so it begins. Today I'm walking 22 miles with a ruck sack full of cold water on my back. The idea is to raise awareness about veteran suicide..i am just giving my thoughts on what maybe we can do to slow it stop it. What is it exactly, The feeling of darkness sadness hopelessness the feeling that lingers deep down inside not just a bad day but those moments that compound. If you're willing pull some of the things that you've done to get past those types of moments. Veterans that can be a lot of different things. I talked to a head trauma expert she believed a lot of it had to do with the morality of the things that they did well they served. It doesn't necessarily mean killing someone. Majority of military members don't touch the weapon system besides qualifying.