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**I Hinanao, I Magahet, Yan I Ininna (HMI)-The Way, The Truth and the Light
By Veterans For Veterans**

A lot of **VETERANS** think the word “disabled” only applies to veterans who have it much worse than they do. They think, “I haven’t been in combat. I haven’t lost a limb. I don’t have cancer from Agent Orange. Heck, I’m lucky to have a job! I shouldn’t apply for benefits because those are for veterans who actually deserve them.” Frankly, that is complete BS.

****That is one of the lies we tell ourselves.****

But more important, if you have any kind of disability as a result of your service, then, guess what? You deserve benefits. Yes, you read that correctly! You deserve benefits for your honorable service. ****Allow me to give you permission to be disabled.****

You don’t have to pretend you’re fine or suffer alone in silence.

The notion of service before self may have served you well while you wore the uniform.

Afterward, it causes pain and suffering. Truth is, you are no good to your family, friends, or work unless you take care of you first.

Further, not all disabilities are visible.

Most—yes, most—veterans struggle with undiagnosed mental health issues, such as post-traumatic stress disorder, anxiety, and depression.

Often, these lead to substance abuse, and almost always, they lead to isolation and loneliness.

****I want to tell you right now that you are important, and you matter.****

We feel like people hear the word **“VETERAN”** and immediately think they’re broken or crazy which leads them to try and pretend like everything’s fine and ignore whatever struggles they face. **But you might not be fine—and that’s okay. It’s okay not to be okay!**

My colleagues and I have been where you are, frustrated & undervalued, so we created a Non-Profit Organization **(HMI) I Hinanao, I Magahet, Yan I Innina (HMI)-The Way, The Truth and the Light** to assist every **VETERAN** with what they are entitled to receive from the U.S. Department of Veterans Affairs. This is exactly why there are Resources to help you. HMI along with the VA exists to HELP YOU! WE have made it our MISSION!

/s/ Bill Salisbury
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