

Health Watch

HEALTH WATCH: Local veteran shares his depression battle

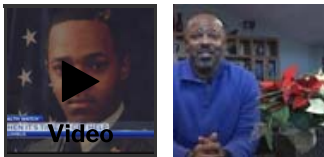
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COLUMBUS, Ga. -

The U.S. Department of veterans Affairs says around 20 veterans take their own lives each day.

Just last weekend, a decorated U.S. Navy admiral was found dead in his home in Bahrain, in the Persian Gulf, the victim of an apparent suicide.

As the holiday season is upon us, health care professionals recommend checking on the veterans that you know.

Retired Sergeant First Class Bryan Bevley is a former drill sergeant in the Army. He enlisted in 1983 and retired in 2003. Facing a back injury for years with the added pain of two severely arthritic hips, changed him as a person. The pain drove a wedge between Bevley and his family and sent him into depression.

“Sometimes I’d be in the bed in the fetal position, just didn’t want to do anything. Became pretty grumpy and aggressive with my family. Didn’t want to talk with them sometimes. I wanted them to just leave me alone.”

His wife Sharon, a mental health professional got him the counseling he needed.

Stephanie Spann is the Chief of Social Work for Central Alabama Veterans Health Care System which

