

**Tousha Paxton-Barnes** is a U.S. Army veteran (Army's 82nd Airborne Division) who struggled with depression, anxiety and PTSD after returning from deployment to Afghanistan. Tousha has served as a Program Manager for the Military Veteran Peer Network Program with Texas Panhandle Centers for Behavioral Health for the past five years. She is a Certified Peer Service Coordinator and a Mental Health First Aid Instructor. Tousha has also served as a member of the VA Mental Health Council as well as the VFW Women Veterans Committee for the State of Texas.