

Brennan Toohey

Hope, Healing & Help

[The Grief of our Vietnam Veterans](#)

May 20, 2015



Brennan Toohey served with the US Military in the 1960's. He experienced the trauma of many veterans of the Vietnam era who fought in the war. When Brennan returned home, his experience with posttraumatic stress (PTS) was misunderstood and it affected his life in every way. Brennan's poem, "[Borrowed Time](#)," gives us insight into the hearts and minds of those who came back not knowing how to deal with the effects of PTS. Truthfully, until recently, not many people understood the long term effects of war on those who have been in the midst of it until recently. View a video of [Borrowed Time](#).

Brennan found help through [The Forgotten Soldier Program](#) in Auburn, California, a holistic approach to helping people with PTS. If you, like Brennan, are suffering from war-related post traumatic stress, you can get help through [The Forgotten Soldier Program](#). They have been effective in helping over 17,000 veterans and their family members.

Brennan resides in Auburn, California, with his wife [Deborah](#). His poem "[Borrowed Time](#)," put to music by composer Bill Brusick. It was featured by the [Colla Voce Chamber Singers](#) during their performance in Auburn, California, during April 2014. Read the [featured article](#) in the *Auburn Journal*. Visit Brennan on [Facebook](#).

Brennan is a member of VFW Post 1487 in Roseville, California, co-sponsor of the Vietnam War Memorial Moving Wall on exhibit in Roseville, California, in May 2015.