

Maj. Ed Pulido
(U.S. Army, retired)

Originally from Aibonito, Puerto Rico, Maj. Ed Pulido joined the U.S. Army in 1987 as an enlisted private first class. Growing up, Pulido watched his father, who also served in the U.S. Army as a Chief Warrant Officer 4, put on his combat boots and go to work each morning. Pulido credits his father's dedication to the country and desire to make a difference as the inspiration for his own decision to join the military.

On August 17, 2004 Pulido was severely injured when his soft skin SUV hit an improvised explosive device (IED). He spent nearly eight months at Brooke Army Medical Center and underwent 17 surgeries on his injured leg. Eventually Pulido and his family made the decision to amputate one his left leg due to severe infection.

During his time at the hospital, Pulido experienced depression and other psychological health concerns. He had night sweats and terrors about the IED blast, and following the amputation, began to have suicidal ideation. He worried that he would never be able to walk or provide for his family again.

The turning point in Pulido's psychological recovery occurred when he began to talk about his experiences and reach out for help. Pulido built a strong support system through his family, church and fellow service members.

In May of 2005, Pulido retired from the Army, but he continues to serve the military community as a veteran. Pulido now serves as the Vice President of Programs and Military Affairs for the Folds of Honor Foundation, which provides post-secondary educational scholarships for children and spouses of military service men and women killed or disabled while serving.