

SUICIDE A PUBLIC HEALTH CRISIS

among veterans and their families



2X

Former service members die by suicide at a rate twice as high as non-veterans.



17

VETERANS

lose their lives to suicide every day



AGES

18-34

Veterans ages 18-34 die at a rate almost three times higher.

The factors that contribute to suicide deaths are multiple and complex. Preventing these deaths requires that support systems, services and resources work together to promote wellness and help veterans successfully navigate these challenges.

Recognize the warning signs

- Feelings of loneliness, isolation, hopelessness and depression
- Thoughts of death or self-harm
- Drastic changes in mood, behavior, personality or sleeping habits
- Loss of interest in usually enjoyable things
- Self-destructive or risk-taking behavior
- Significant weight loss or gain
- Increased use of alcohol or drugs
- Difficulty concentrating or staying still
- Unable to perform usual daily functions and responsibilities



Where to find help



As the recipient of a Staff Sergeant Parker Gordon Fox Suicide Prevention Grant, funded by the Department of Veterans Affairs, U.S.VETS provides eligible veterans and their families case management, crisis intervention and referrals to any mental health-related services.

- Crisis Intervention Counselor Damara Germon at (771) 210-7356
- Outreach Specialist Peter Irvine at (202) 839-1021



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Source: U.S. Dept. of Veterans Affairs, National Institute of Mental Health, Centers for Disease Control