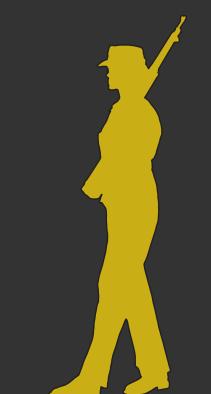
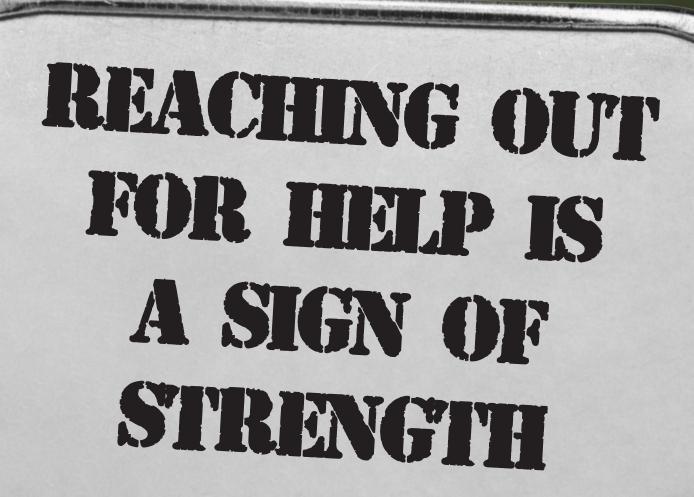


WHO IS AT RISK? >>> >>> >>> >>>

Suicide can affect any veteran, but those who have experienced combat trauma or are transitioning to civilian life, and individuals with service-connected disabilities, are particularly vulnerable.







Additional challenges can increase the risk:

- Feeling disconnected from the community
- Struggles with employment
- Housing instability
- Relationship problems

RISI FACTORS

Multiple factors can increase suicide risk among veterans:

- » Mental health conditions: Post-traumatic stress disorder (PTSD), depression, anxiety, and traumatic brain injury (TBI)
- » Substance use: Alcohol and drug use often co-occur with mental health struggles and compound the risk of suicide.
- » Chronic pain and physical injuries: Persistent pain can lead to feelings of hopelessness and desire to escape suffering.
- » Social isolation: Loss of military camaraderie and disconnection from community leave veterans feeling alone and without support.
- » Access to lethal means: Access to firearms increases lethality when combined with suicidal thoughts.
- » Recent losses: Relationship breakdowns, job loss, or loss of purpose can trigger crisis moments requiring immediate intervention.
- » Previous attempts or family history: A previous suicide attempt or family history of suicide increases vulnerability and risk.



- Direct statements about wanting to die, feeling like a burden, or having no reason to live.
- Behavioral changes: withdrawing from family and friends, giving away prized possessions, or saying goodbye as if it's the last time.
- Mood changes: extreme sadness, rage, anxiety, or sudden calmness after depression.

WHEN SHOULD A VETERAN SEEK HELP?





GETTING HEIP

- » Veterans Crisis Line: Call 9-8-8, then press 1 or text 838255. Available 24/7 with specially trained responders who understand military culture and experience.
- » Vet Centers: Community-based counseling centers offer free readjustment counseling to veterans and their families. Find locations at www.vetcenter.va.gov.
- » Military OneSource: Free 24/7 support for service members, veterans, and families at 1-800-342-9647.
- » Local Emergency Services: Call 9-1-1 if you think you may commit suicide or harm yourself.

YOU DON'T HAVE TO FIGHT ALONE