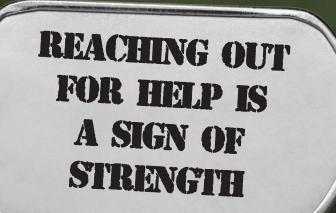
# eteran Suicide

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

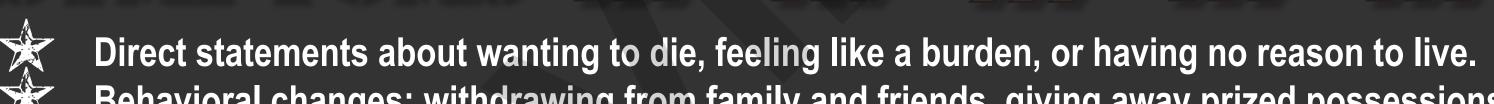
## ARISH FACTORS

- >>> 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 leadto 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.

#### Multiple factors can increase suicide risk among veterans:

- Access to lethal means: Access to firearms increaseslethality when combined with suicidal thoughts.
- Recent losses: Relationship breakdowns, job loss, or lossof 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.

### SYMPTOMS >>> >>>> >>>>



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