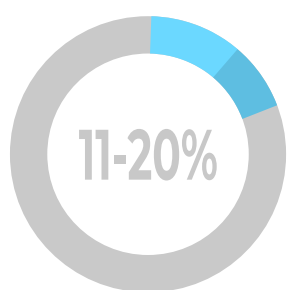


Veteran Mental Health

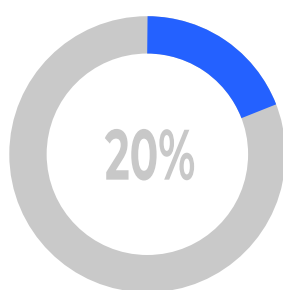
Despite the prevalence of mental health issues, fewer than **50% of veterans who need treatment for mental health receive it.**⁵

Why? Embarrassment, shame, fear of being seen as weak, long wait times to get help, and a lack of understanding of mental health issues.

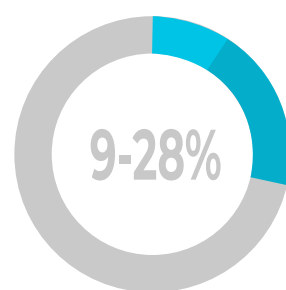
THE NUMBERS:



of veterans experience PTSD in a given year¹



of veterans experience depression²



of veterans experienced a Traumatic Brain Injury (TBI)³



Veteran deaths by suicide increased by **25%** in 2020¹



More than 1 in 10 veterans have been diagnosed with substance use disorder (SUD)⁴

SYMPTOMS INCLUDE:

Post-Traumatic Stress Disorder (PTSD)

Flashbacks/nightmares about past trauma, difficulty sleeping, hypervigilance

Depression

A low mood, lack of interest in activities that used to bring joy, and thoughts of suicide

Traumatic Brain Injury (TBI)

Trouble concentrating, outbursts of anger, and headaches

Substance Use Disorder (SUD)

An inability to control use, use despite consequences, and experiencing withdrawal symptoms

Red flag behaviors that indicate someone may be at risk for suicide include making threats to harm themselves, talking about wanting to die, and dramatic mood changes

WHERE TO GET HELP:



WOUNDED WARRIOR PROJECT

www.woundedwarriorproject.org/contact-us
(888) 997-2586

VA



U.S. Department of Veterans Affairs

www.va.gov/contact-us
(800) 698-2411



Tactical Recovery
Veteran Support Services

www.summitbhc.com/tactical-recovery
(877) 636-5016

MILITARY ONESOURCE

www.militaryonesource.mil/benefits-resources
(800) 342-9647 (24/7 Hotline)

SAMHSA
Substance Abuse and Mental Health Services Administration

www.samhsa.gov/find-help/national-helpline
(800) 662-4357 (24/7 Hotline)

988 SUICIDE & CRISIS LIFELINE

www.samhsa.gov/find-help/national-helpline
Call/Text 988 (24/7 Hotline)

Youturn HEALTH

A Virtual Treatment Program for Behavioral Health, Substance Misuse, and Suicidal Ideation.



Education

Topics like stress management, anxiety, depression, substance misuse, and mental health



Peer Coaching

Trained coaches with similar lived experience help you through whatever you're experiencing

www.YouturnHealth.com

Sources:

1. <https://www.nami.org/Blogs/From-the-CEO/November-2021/Veteran-Mental-Health-Not-All-Wounds-are-Visible>

2. <https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-021-03526-2>

3. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2788981>

4. <https://nida.nih.gov/publications/drugfacts/substance-use-military-life>

5. <https://www.hsrd.research.va.gov/news/feature/mental-health.cfm>