



## **Mental Health Matters: Understanding the Mental Health Challenges Faced by Veterans**

Mental health is a critical issue for many veterans returning from service. The transition to civilian life can bring about various challenges, including psychological distress. It's essential to recognize these challenges and provide support to those who have bravely served our country.

### **Key Statistics:**

#### **1. Suicide Rates:**

Veterans are 1.5 times more likely to die by suicide compared to their non-veteran peers. This highlights the urgent need for increased awareness and resources.

#### **2. Prevalence of PTSD:**

Approximately 11-20% of veterans who served in Operations Iraqi Freedom and Enduring Freedom are affected by Post-Traumatic Stress Disorder (PTSD). This condition can severely impact their quality of life, necessitate specialized care and understand.

#### **3. Depression and Anxiety:**

About 30% of veterans receiving treatment for mental health concerns exhibit symptoms of depression or anxiety. These conditions can often co-occur with other mental health issues, further complicating recovery.

## Resources for Support:

### 1. Veterans Crisis Line

- Phone: 1-800-273-8255 (Press 1)
- Text: 838255
- Website:  
[[www.veteranscrisisline.net](http://www.veteranscrisisline.net)](<http://www.veteranscrisisline.net>)
  - This vital resource offers confidential support 24/7 for veterans in crisis. Trained professionals are available to listen to and guide those in need.

### 2. National Alliance on Mental Illness (NAMI)

- Phone: 1-800-950-NAMI (6264)
- Website: [[www.nami.org](http://www.nami.org)](<http://www.nami.org>)

NAMI provides comprehensive education, support, and advocacy for all mental health issues, including those specifically affecting veterans. Their resources can empower individuals and families to navigate the complexities of mental health.