

EACH MIND MATTERS

VETERAN FACT SHEET

Many returning service members face complex mental health challenges in readjusting to life after deployment. Fear of personal embarrassment, disappointing comrades, losing the opportunity for career advancement and dishonorable discharge are motivators to hide symptoms of mental illness. Each Mind Matters, California's Mental Health Movement, is making strides to end the stigma associated with mental illness to make it easier for veterans to get the help they need. To learn more about the movement visit EachMindMatters.org.



VETERANS ACCOUNT FOR 20% OF DEATHS BY SUICIDE.

According to NAMI from data collected by the Surgeon General & NAASP, 2012.

ONLY 40% OF VETERANS WHO SCREEN POSITIVE FOR SERIOUS EMOTIONAL PROBLEMS SEEK HELP FROM A MENTAL HEALTH PROFESSIONAL.

Mental Health Advisory Team IV: Operational Iraqi Freedom, 2007

SINCE 2010, SUICIDE HAS BEEN THE SECOND LEADING CAUSE OF DEATH IN U.S. SERVICE MEMBERS.

According to the armed forces Mental Health Surveillance Center (AFHCS).

14% OF IRAQ AND AFGHANISTAN VETERANS SCREEN POSITIVE FOR PTSD.

According to the RAND study, 2008.

MALE VETERANS VS. NONVETERANS WITH A SERIOUS MENTAL ILLNESS

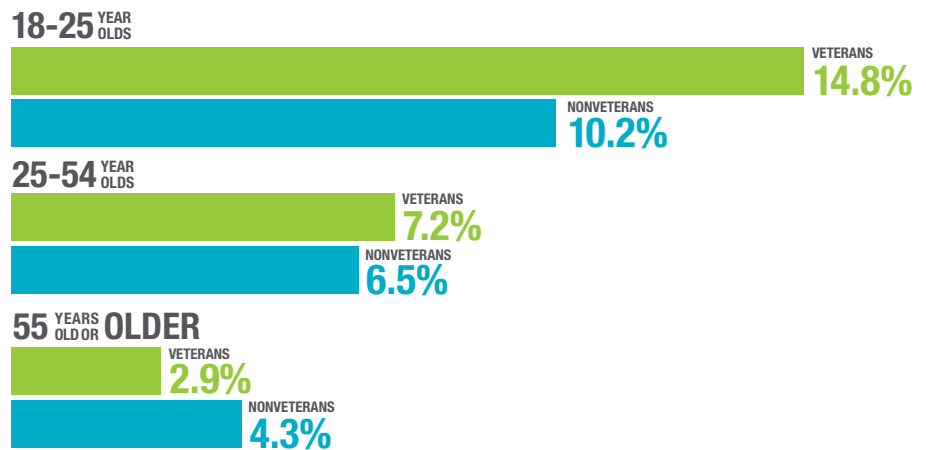


Figure 1. Percentages of Male Veterans and Nonveterans with a Serious Mental Illness, by Age Group: 2002 and 2003 (SAMHSA, 2002 NSDUH and 2003 NSDUH.)

RESOURCES

U.S. DEPARTMENT OF VETERAN AFFAIRS

www.mentalhealth.va.gov

Information on VA Mental Health Services for Veterans and families including how to get help, suicide prevention and warning signs and additional mental health resources.

NAMI VETERANS AND MILITARY RESOURCE CENTER

www.nami.org/template.cfm?section=Veterans_Resources

An online guide to assist veterans and their families to find support, seek mental health resources and learn about partnerships that advocate for active duty military and veterans with a mental health challenge.

DEPARTMENT OF DEFENSE: RESTORING HOPE

www.defense.gov/home/features/2010/0810_restoringhope_resources

A complete guide of all mental health resources available for service members including healthcare information, educational materials and suicide prevention hotline numbers for specific military branches.



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California's Mental Health Movement

