

HEROIC
HONORABLE
DEDICATED
DUTY
SERVICE
BRAVE
READY
COMMITMENT
SELFLESS
INTEGRITY
VALIANT

MISSION
PATRIOTIC
RESPECT
ALWAYS
COUNTRY
SEMPER
DEFEND
COURAGEOUS

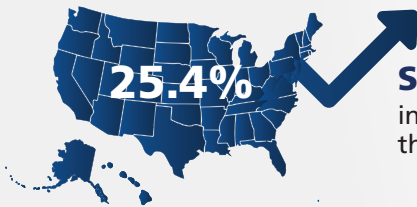
Cohen Veterans Bioscience

Suicide is the act of intentionally causing one's own death.¹
It is the 10th leading cause of death in the United States,
and an increasing public health concern that has a harmful impact
on individuals, families, communities and on society as a whole.²

Some individuals are at higher risk for suicide.

For example, people who suffer from Post-Traumatic Stress Disorder and
Traumatic Brain Injury^{3,4} may be more likely to attempt suicide.

What impact does suicide have?



SUICIDE RATES INCREASED

in nearly every state from 1999
through 2016.⁵



NEARLY 45,000 LIVES

were lost to suicide in 2017.⁶



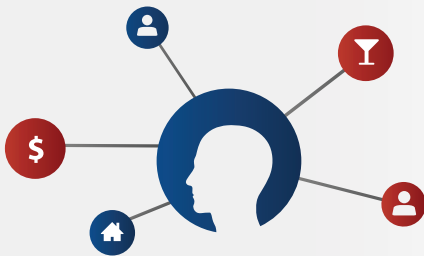
21 VETERANS COMMIT SUICIDE

each day in the United States.⁷



SUICIDE CAN BE ASSOCIATED WITH MENTAL HEALTH CONDITIONS,

but it is rarely caused by any single factor.



PROBLEMS THAT CAN CONTRIBUTE

include relationships, substance
use, physical health, and job,
money, legal, or housing stress.



More than half of people
who died by suicide
**DID NOT HAVE A
KNOWN MENTAL
HEALTH CONDITION.**

WHAT CAN WE DO TO PREVENT SUICIDE?

INCREASE MENTAL HEALTH ADVOCACY: Advocacy can help make conversations about mental health become a priority in the public forum.

IMPROVE ACCESS TO MENTAL HEALTH CARE: Lack of access to mental health care is one of the reasons individuals with mental health conditions don't get treatment.

CREATE ENVIRONMENTS THAT PROTECT & PREVENT: Communities can prevent suicide by intervening, encouraging prosocial behavior & combating stigma.

PROMOTE SOCIAL INTERACTION: Studies suggest that social connectedness is an important factor that impacts mental health.

BUILD RESILIENCE WITH COPING & PROBLEM-SOLVING SKILLS: Teaching kids healthy coping skills gives them the tools they need to work through challenges.

SUPPORT PEOPLE AT RISK: If someone may be at risk, you can offer support. It's important to come from a place of compassion, remain calm and prioritize listening.

Further research is needed to increase our understanding of suicide risk among Veterans and Brain Trauma population to better tailor prevention strategies to their unique needs.

CVB is the only nonprofit translational research organization with a dedicated focus on post-traumatic stress disorder (PTSD), and traumatic brain injury (TBI) research, which are both closely correlated with suicidal ideation, and suicide. We have set an aggressive roadmap to ensure that precision diagnosis and targeted therapeutics are a focus of national efforts and milestone-driven research.

ADDITIONAL INFORMATION & RESOURCES

If you have taken steps to end your life, call 911 immediately.

Please use contact below if you are having suicide ideation:

National Suicide Prevention Hotline – 1-800-273-8255

National Sexual Assault Hotline – (800) 656-HOPE

National Center for PTSD – Veterans Crisis Line – (800) 273-8255

Women's Veterans Call Center – 1-855-VA-Women

Suicide Prevention Advocacy:

<https://afsp.org/our-work/advocacy/>