

Understanding Mental Health Risks for Veterans

U.S. military veterans often face mental health issues. They have higher risks for suicide, substance use and violence. The impact can last for the rest of a veteran's life.

Impact of Military Service

Veterans die by suicide every day in the United States (U.S. Department of Veterans Affairs). It is the second leading cause of death for veterans under 45. Their post-traumatic stress disorder (PTSD) and pain can also get worse over time.

Substance use disorder (SUD) is also a risk. Veterans may use alcohol or other substances to deal with pain or memories from service. These issues can make mental health issues worse. Plus, veterans may have physical injuries from service.

Veterans are involved in more domestic violence than average (U.S. Medicine). This can make relationships and home life hard for veterans. Violence at home hurts everyone, from spouses to children.

Find Help

Along with the U.S. Department of Veterans Affairs (VA), community programs and non-profits can help. These organizations give therapy just for veterans and offer other ways to get care. This is helpful for families who may not get VA support.

Find Solutions

Working through tough times after military service is important. Today, veterans and military leaders are more accepting of mental health care. There is more care for veterans and their families each passing year. This includes special counseling, telehealth options and support groups. It is important that veterans know mental health is part of their health and strength, too. **Veterans who ask for help are strong**, not weak.

#SupportVeterans #ThankAVet

If you or someone you know is a veteran or military family member experiencing a mental health crisis, call 9-8-8 and press 1 to connect with the 24/7, free and confidential Veterans Crisis Line. For more resources, contact Military OneSource at 800-342-9647.

Reviewed by Licensed Master Social Worker (LMSW)



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