



242 Veterans died by suicide in Ohio

*According to the U.S. Dep of VA Ohio - Veteran Suicide Data Sheet, 2021



RISK FACTORS

- Recent separation from military service
- Previous suicide attempts
- Stress-related to OPTEMPO
- Loss of relationships
- Chronic pain or traumatic brain injury
- Deployments during military service, e.g., Vietnam War, OIF, or OEF

KNOW THE WARNING SIGNS

- Existing mental health conditions such as depression, anxiety, and PTSD related to service
- Self-injurious behaviors (e.g., self-cutting, increased alcohol use, taking painkillers, reckless driving, etc.)
- Withdrawing from social activities
- Giving away personal possessions

In Crisis?



If you're a veteran in crisis or concerned about one, reach caring, trained responders 24 hours a day, 7 days a week.

You don't have to be enrolled in VA benefits or health care to connect.

Resources

Service members, veterans, and their family members are at higher risk for suicide, but there are resources to help.

OhioCares★

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Ohio Suicide Prevention Foundation



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