



**Behind every uniform is a  
real person with a story  
you may not see.**



## RISK FACTORS

- Recent separation from service
- Previous suicide attempt
- Stress from the fast pace and demands of service
- Loss of relationships
- Sexual assault or harassment
- Chronic pain or traumatic brain injury
- Deployments during military service, e.g., Vietnam War, OIF, or OEF
- Being away from family and friends

## 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, misusing prescription medication, reckless driving, etc.)
- Withdrawing from social activities
- Giving away personal possessions

## IN CRISIS?



If you are a veteran in crisis or concerned about a veteran you know, reach caring, trained responders 24 hours a day, 7 days a week, at the Suicide Crisis Lifeline: 988 ext. 1.

**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**★ [ohiocares.ohio.gov](http://ohiocares.ohio.gov)

**LIFE SIDE OHIO**  [lifesideohio.org](http://lifesideohio.org)  
BY YOUR SIDE. UNITED FOR LIFE.

**PSYCH/ARMOR**® [psycharmor.org](http://psycharmor.org)

OHIO'S VOICE FOR SUICIDE PREVENTION



**Ohio Suicide Prevention Foundation**

614-429-1528 | [support@ohiospf.org](mailto:support@ohiospf.org)  
[ohiospf.org](http://ohiospf.org) | 175 South 3rd St.  
Suite 700, Columbus, OH 43215