

# BULLETIN – SEPTEMBER 2023



## VETERANS and FAMILY SUPPORT

### Billie Guthals

SIXTEEN VETERANS A DAY! We lose sixteen veterans a day to SUICIDE. Is this number lower than reported a few years ago? Yes, thankfully it is. It is still TOO MANY veterans to lose because their protection and support of our country has caused them to be in crisis. We have recently heard about our own comrades in Illinois who have made the heartbreaking choice to end their lives.

How can we make a difference?

**Know The Veterans Crisis Line [988 Then Press 1](#). People are available 24/7 to respond and help.**

Know the signs of crisis that may be present with people you love or just happen to meet:

- Appearing sad or depressed most of the time
- Hopelessness
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live
- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug misuse
- Losing interest in hobbies, work, or school
- Neglecting personal welfare and appearance
- Withdrawing from family and friends
- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

Unfortunately, not all our veterans in pain and crisis will exhibit these signs. Follow your instincts. Be aware of situations where you might be the link needed to save a life. You can be the resource to get a veteran connected with those that are trained to help and understand the pain of their experiences.

Thank you all for learning ways you may be able to help and for caring for our veterans and their families.