


Mental Health Awareness Project

Joint Veteran Program



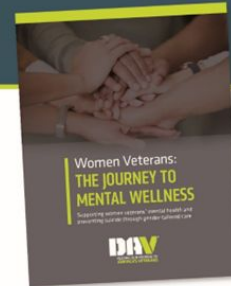
Women Veterans:
**THE JOURNEY TO
MENTAL WELLNESS**

Supporting women veterans' mental health and preventing suicide through gender-tailored care

IDEV
KEEPING OUR PROMISE TO
AMERICA'S VETERANS

The Time Has Come for Us to Respond

WVUCI
CTLDomGroup, Inc
AMVETS
VFW



DAV's *Women Veterans: The Journey to Mental Wellness* is a comprehensive assessment of the unique factors contributing to the staggering rate of suicide among women veterans. It details how the system charged with their mental health care can and must do better. Using the latest in research and data, combined with a thorough review of the Department of Veterans Affairs' available services, this in-depth report reveals that too many women veterans are at risk of falling through the cracks due to gaps in lifesaving mental health care.

WHAT'S AT STAKE

Women veterans are dying by suicide at an alarming rate compared with their male and civilian counterparts.

Suicide rate among women veterans between 2020 and 2021: ↑ 24.1% Nearly 4X higher than the 6.3% increase among male veterans and vastly higher than the 2.6% increase among nonveteran women	2X more likely than male veterans to attempt suicide	More than 50% of deaths for women veterans are by self-inflicted firearm injury
	3X more likely than nonveteran women to choose a firearm as means of suicide	

THE CHALLENGES

Women veterans experience unique challenges that can put them at greater risk for suicide, including:

 Military sexual trauma (MST) Among veterans enrolled in the VA, 1 in 3 women report experiencing MST.	 Intimate partner violence Nearly 1 in 5 women veterans using VA primary care reported experiencing intimate partner violence in the past year.	 Substance use disorder The risk of suicide death among women veterans with active substance use disorder is more than twice what it is for men.	 Pregnancy During pregnancy and up to one year after giving birth can be a time of increased risk for a mental health diagnosis and suicidality.*	 Menopause Menopause has been shown to raise the risk for depression twofold and corresponds to the highest rates of suicide among U.S. women.
--	---	--	---	--

* In women patients with a prior mental health diagnosis.

Will You Join Us?

Sign-up to donate
time or money to help
us at
www.ctldomgroup.org

Mental Health Awareness Project

Presented By:

CTLDomGroup, Inc.,

and

Women Veterans United Committee, Inc.,

(WVUCI)

POC: Dr. Tiffany Daniel 202-498-5678

Veteran Service Organizations bring awareness in a (5) Step Program.

1. General Assessment
2. Skills and Office Productivity Training
3. Peer Support Groups
4. Family Support
5. Transition Assistance

