

A Veteran's Worst Wounds May Be the Ones You Can't See.

Recognizing mental illness is the first step toward recovery. Show returning soldiers that seeking help is a sign of strength. Learn more at psychiatry.org/mentalhealth

Informative Statistics:

More military deaths by suicide than in combat in 2012.

Military suicides are at their highest rate in 10 years.

8% to 20% of military personnel deployed in Iraq and Afghanistan experienced a traumatic brain injury.

20% of national suicides are completed by veterans.

300,000 veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD.

Traumatic brain injuries can increase suicidal thoughts and behavior.