# Mental Health Awareness

**May is**

**Month**

Nearly **4 out of 5** Veterans experience symptoms of chronic Posttraumatic Stress Disorder (PTSD) even 20 to 25 years out of service.2

During May, the Seattle ERIC hopes to **raise awareness**, **break down stigma**, and **provide resources** on mental health for Veterans.

Annually, nearly **44 million**

**adults** in the U.S. are diagnosed with mental

1

health conditions.

are

living with mental health conditions.

POSTTRAUMATIC STRESS DISORDER

The rate of PTSD is **15 times higher** in Veterans than in civilians. Symptoms include intrusive memories, dissociation, avoidance, feeling numb or guilty, and hypervigilance.3 Free anonymous PTSD screenings are available online at: **https://**[**www.myhealth.va.gov/mhv-portal-web/ptsd-screening**](http://www.myhealth.va.gov/mhv-portal-web/ptsd-screening)

BIPOLAR DISORDER

**9 million people** are diagnosed with bipolar disorder each year. Symptoms include swinging from **manic episodes**─characterized by impulsive behavior and difficulty focusing, to **depressive episodes**─characterized by low energy and difficulty remembering things.4Helpful resources on bipolar disorder can be found at: [**www.mentalhealth.va.gov/bipolar.asp**](http://www.mentalhealth.va.gov/bipolar.asp)

DEPRESSION

The prevalence of depression is **5 times higher** in Veterans than in civilians. Symptoms include changes in sleep and appetite, loss of energy and interest, and feelings of hopelessness.5Free anonymous depression screenings are available online at: **https://**[**www.myhealth.va.gov/mhv-portal-web/depression-screening**](http://www.myhealth.va.gov/mhv-portal-web/depression-screening)

QUALITY OF LIFE CAN BE IMPROVED THROUGH A NUMBER OF EFFECTIVE TREATMENTS AVAILABLE FOR THOSE WITH MENTAL HEALTH CONDITIONS.

References:

1. https://[www.nimh.nih.gov/health/statistics/mental-illness.shtml](http://www.nimh.nih.gov/health/statistics/mental-illness.shtml)
2. https://[www.ncbi.nlm.nih.gov/pmc/articles/PMC2891773/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2891773/)
3. https://[www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/PTSD-FS.pdf](http://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/PTSD-FS.pdf)
4. https://[www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Bipolar-Disorder-FS.pdf](http://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Bipolar-Disorder-FS.pdf)
5. https://[www.nami.org/Find-Support/Veterans-and-Active-Duty](http://www.nami.org/Find-Support/Veterans-and-Active-Duty)

**Veterans Crisis Line**

SUPPORT IS AVAILABLE 24**/**7

The Veterans Crisis Line is available through a toll-free number, online chat, or text.

Confidential support is available 24 hours a day, 365 days a year.

**Call:**

1-800-273-8255 and Press 1 **Online:** [www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net/) **Text:**

Send Messages to 838255

ADDITIONAL VETERAN**-**FOCUSED RESOURCES:

**Recovery** and **self-care** can take many

forms. Help can be found through the VA, fellow Veterans, family, friends, and loved ones.

If you are experiencing a medical or mental

emergency, call 911 or go to your nearest hospital.

**Make the Connection** A Veteran-centered mental health and awareness campaign [www.maketheconnection.net](http://www.maketheconnection.net/)

**Coaching Into Care** A coaching phone line to help talk about concerns and treatment options 888-823-7458 | https://[www.mirecc.va.gov/coaching/index.asp](http://www.mirecc.va.gov/coaching/index.asp)

**Your VA** Talk to your provider or check out the link below to find out how your VA can help you https://[www.mentalhealth.va.gov/Resources.asp](http://www.mentalhealth.va.gov/Resources.asp)

**Military One Source** Military affiliated resource for servicemembers and their families who are looking for mental health services | 1-800-342-9647 | <http://www.militaryonesource.mil/web/mos/mental-health>

