



# VFW Auxiliary Dept of NH Presidents Special Project Suicide Awareness



## August 2022 - General Information

### WHY?

According to the Department of Veterans Affairs' National Veteran Suicide Prevention Annual Report (2019), the suicide rate among Veterans is greater than the non-Veteran population, with over 6,000 veterans dying by suicide each year. Despite accounting for just 7.9% of the population, Veterans account for 13.5% of all suicide deaths in the United States.

According to a National Violent Death Reporting System (NVDRS) report and analysis released by the NH Medical Examiner's Office, a total of 206 deaths by suicide occurred among military-affiliated individuals in New Hampshire during the period spanning 2015-2019. This is equivalent to higher than the national average.

There is no single cause of Veteran and military suicide, but by treating and preventing mental health and substance use conditions, addressing access to lethal means (firearms accounted for 75% of male Veteran suicide deaths and 71% of female Veteran suicide deaths in 2015-2019 in New Hampshire), and empowering Veterans to live and thrive in their communities, we can save lives.

### SCHEDULE YOUR EVENT!

Have you scheduled your event for Suicide Awareness??? Now is the time to start thinking about ways to help!  
There are Many different ways to help include:

- Walk Fundraiser
- Bake Sales
- Meat Raffle's
- Social's
- Auction's
- Dinner's

### MEDIA TIME!

Send me your event to be distributed to your local newspaper, WMUR, Radio and Facebook! Let's get moving forward to help stop the 22 A Day from happening. Even one loss is too many!



### SUICIDE FREQUENCY

**22** PER DAY  
ONE EVERY  
**65 MINUTES**



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Best regards,  
*Julie DeRubeis*

Dept of NH VFW Auxiliary Department - President Special Project Chair - 2022-2023

