

# Spotlight on: Veterans



Office of  
Mental Health

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues surrounding Veterans and invite you to learn more.

## Did you Know?



Nationally, **2/3rds of people who seek mental health treatment are involved with the military** (either directly or through a secondary relationship)



**23% of Post-9/11 Veterans have been diagnosed with Post-Traumatic Stress Disorder**



As Veterans, we understand the deep bond created by our unique experiences in service. We are taught to put mission and service before ourselves. I want my fellow Veterans to know it is okay to reach out for help. **You are never alone.** You are always a part of a larger community of people whose mission is to support you.



— **Joel Evans**, Executive Deputy Director of the NYS Division of Veterans' Services

### In 2019, the Veteran suicide rate in New York:

- ↓ was significantly lower than the national Veteran suicide rate
- ↑ was significantly higher than the national suicide rate

Almost 1 in 10 suicide deaths in 2019 were Veterans



## Take Action

### Get trained.

One important way to reduce social isolation in the Veteran community is through understanding. Taking a training can help you better understand and support a service member who is transitioning back into civilian life and reintegrating into their homes. [PsychArmor](#) has some free resources and trainings on cultural competency to get you started.

### Volunteer your time.

The best way to support Veterans is to become involved with the organizations in your community that work with them. You can look for local Veterans Service Organizations, connect with the United States Department of Veterans Affairs, or find local nonprofits. Start your search using the [National Resource Directory](#).

### Be a peer mentor.

Help transitioning service members adjusting back to civilian life by becoming a peer mentor. We like the [Expiration of Term of Service Sponsorship Program](#). It provides training to help a transitioning service member with employment, housing, healthcare and community activities. You can also check with your local Veteran service agency to see if there are local peer programs to join.

### Mental Health Providers & New York State Employers:

Are you looking to become more "Veteran Friendly"?  
Connect with the NYS Division of Veterans' Services for a cultural competency consultation.  
**email:** benjamin.pomerance@veterans.ny.gov or **call:** 888-838-7697

Data from U.S. Department of Veterans Affairs, Division of Veteran Services, and Cohen Veterans Network

## Need Help?

New York State Division of Veterans' Services 888-838-7697  
Veterans Crisis Line 800-273-8255 and select 1 or text 838255  
U.S. Department of Veterans Affairs 800-698-2411

988 Suicide and Crisis Lifeline:  
Call or text 988 or chat [988lifeline.org/chat](https://988lifeline.org/chat)