



*We Help Veterans & Families  
Find More Peace in Their Life*

## Veteran Suicides in Colorado

March 2020

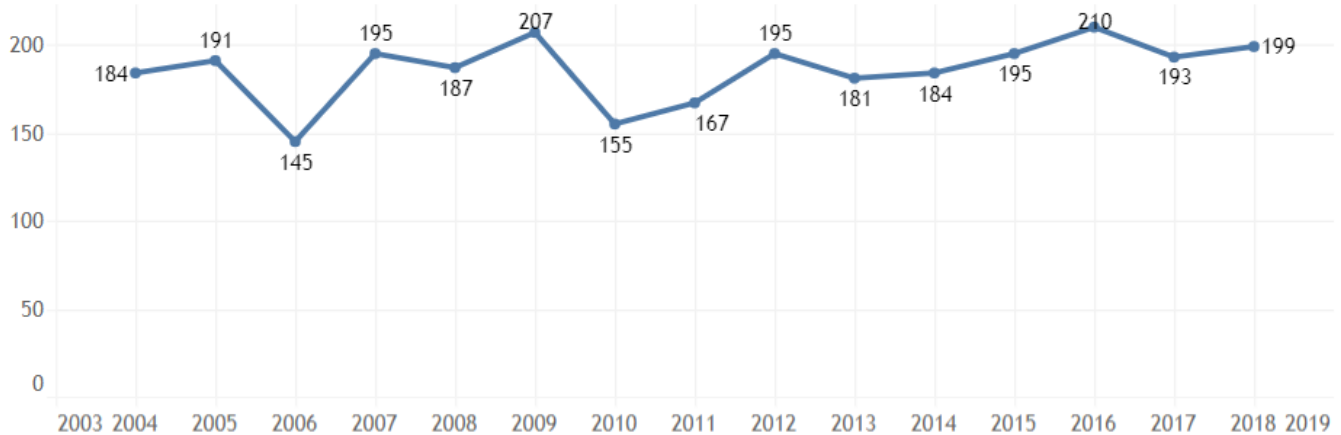
Suicide is an emotionally charged and powerful topic and we all seek answers as to why. There is also a common need to blame something or someone which can take conversations into the realm of controversial. Our purpose is simply to share information, we are not intent on changing anyone's mind.

We know so many people who have been touched directly or indirectly by a suicide, including my family, and we hurt for everyone who has. There are thousands of pounds of paper written on the subject, billions of dollars of research and programs to help us understand and I don't know that we will ever understand.

Our organization works with the entire spectrum of needs of Veterans and their families, we don't focus on any one topic. We are purely needs-based so we provide what is needed. Since we began our business in January 2017, we've met with 684 individual Veterans or family members, and had 732 Listening sessions all of which take between one and 4 hours. It has been a complete surprise to us that we've only been engaged in three suicide intense situations and none from a Listening session. They came to us from a Qualified Resource by way of a phone call. To our knowledge we were successful in each of the cases in helping the Veteran obtain the critical care necessary at the time.

In the State of Colorado, we've learned some interesting things we wanted to share with you so please review this chart\* of Veteran suicides here in Colorado from 2004 through 2018. Unfortunately, they have held steady and we wish to reduce them. (\*Source of chart is CDC)

Number of suicides per year, 2004-2018



The number of Veterans in Colorado is dropping according to the VA data. We had 411,683 Veterans in 2015 and now have 383,699 or 27,984 less. I don't know the cause but the point I am making is the number of Veteran suicides has remained constant.

On a national scale, in the 10 leading causes of self-inflicted, violent deaths we learn even more. Of the 43,478 total suicides in 2017, 45% were from suffocation or poison and 55% by firearm. Certainly, firearms are very effective, but used only 10% more than other means. We believe firearms are a means and not a cause, and our focus is on the cause. We want to help Veterans before they consider any possible means, including a firearm.

If you know of someone who wants to talk, listen to them. If you cannot for any reason, please have them call us at 720-600-0860. Or, if they are in crisis, please call the Veteran crisis number at 800-273-8255, they can help you.