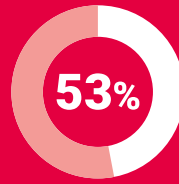


ONE IN THREE
veterans have felt suicidal
in their lifetime



JUST OVER HALF
of the GB adult population
would not know how to
help someone struggling



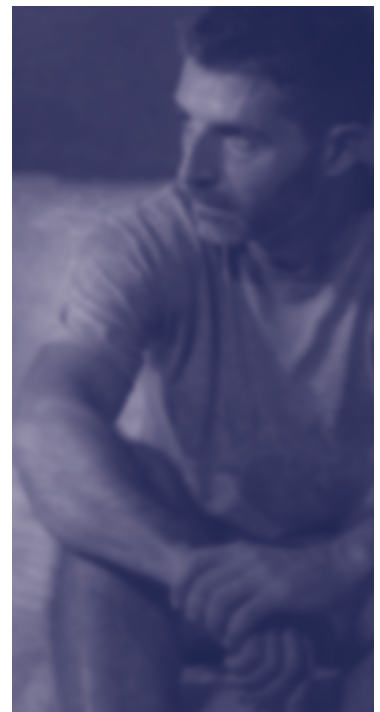
62%

**of veterans
know someone
who has either
attempted suicide
or ended their life
by suicide.**

Compared to GB adults
who have NOT served in
the military this is 56.8%

**Veterans are more likely
to know someone who
has died by suicide.**

**Veterans who
are struggling
with suicidal
thoughts
are more
likely to turn
to loved ones
than to
professionals.**



**OVER
1 IN 3**

**(36.5%) veterans
struggle with their
mental health on
a daily basis**

**Veterans who are struggling
are less likely to ask for help
than those who have not served
in the Armed Forces.**

Research conducted
by YouGov Plc into mental
health and suicide in the GB
adult population and the
Armed Forces Community.
July 2022, total sample size
of 8346 adults.



**Take our free 30-minute
suicide awareness training.**



**HELP for
HEROES**