How You Can Help

- Create a safe and welcoming environment on campus.
- Encourage student veterans to contact on-campus resources.
- Contact a supervisor if you think a student veteran is at risk of a crisis.
- Express interest in student veterans. Try to understand what they have been through.
- Encourage them to get involved with student veterans groups on campus.

Who else can help?
- Resident Advisors
- Public Safety
- Family or Friends
- Religious and Spiritual Counselors
- 911

Additional Resources:

Fordham Counseling and Psychological Services (CPS)
- Rose Hill
  O’Hare Hall – North Wing
  Phone: 718-817-3725
- Lincoln Center
  McMahon Hall - Room 211
  Phone: 212-636-6225
- Westchester
  400 Westchester Avenue
  West Harrison, NY 10604
  Phone: 914-367-3733

Monday-Thursdays 9am-7pm
Fridays 9am-5pm

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Suicidepreventionlifeline.org

Suicide Prevention for Student Veterans

1-800-273-TALK (8255)
suicidepreventionlifeline.org
Veterans may experience challenges as they transition back to civilian life. Often their academic and social functioning are impacted by:

- Identity Struggles
- Feelings of Isolation
- Losing a familiar group of peers
- Losing a fixed regimen or schedule
- Feeling different from the general college student population
- Difficulty connecting to those who are not veterans, due to having dissimilar interests, values, and experiences
- Survivors' guilt
- Impaired cognitive functioning, including memory, attention span, and concentration

Student veterans may be at an increased risk of mental health problems, especially if they have had traumatic experiences during deployment. They may suffer from problems including:

- Post-Traumatic Stress Disorder (PTSD)
- Traumatic Brain Injury (TBI)
- Anxiety
- Depression
- Suicidal thoughts

Student Veterans and Mental Health

Student veterans have significantly higher rates of suicidal ideation and attempts compared to non-veteran college students.*

Nearly 50% of U.S. student veterans have contemplated suicide. *

20% of student veterans say that they had planned to kill themselves at some point. *

7.7% of student veterans reported having made one suicide attempt. *

*National Center for Veterans' Studies, University of Utah, 2011.

Additional Risk Factors for Veteran Suicide

- Hesitancy to seek mental health services due to stigma or shame
- Previous thoughts of suicide or suicide attempts
- Access to firearms or other lethal weapons
- Feeling misunderstood
- Academic problems
- Conflicts with peers, roommates
- Experiencing a loss of a partner, close friend, or family member

Adjustment Struggles

Veterans may experience challenges as they transition back to civilian life. Often their academic and social functioning are impacted by:

- Identity Struggles
- Feelings of Isolation
- Losing a familiar group of peers
- Losing a fixed regimen or schedule
- Feeling different from the general college student population
- Difficulty connecting to those who are not veterans, due to having dissimilar interests, values, and experiences

Student Veteran Suicide Statistics

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