

Veteran care and connection guide

Whether you're currently serving or have served in the military, you don't have to face challenges alone. Support is here. Reaching out can make a real difference.



Fast facts and key information:

- Health problems can increase the risk of suicide.
- Veteran Affairs (VA) facilities offer same-day care for physical and mental health.
- Suicide is highest among veterans aged 18–34, often within 2 years after leaving service.
- Suicide is not always caused by combat trauma or PTSD.
- Firearm suicide among female veterans is rising faster than among male veterans.
- Connection saves lives. Reaching out, even to talk, can make a difference.
- September 10 is Oklahoma's Veteran Suicide Prevention Day.



Warning signs:

- Expressing hopelessness or feeling overwhelmed.
- Pulling away from friends, family or community.
- Noticeable changes in sleep, mood or behavior.
- Using more alcohol or drugs than usual.
- Giving away belongings or talking about major life changes.

Learn more: [**SAMHSA Warning Signs**](#)



Resources:

Local:

- [**Oklahoma Veteran Event Calendar**](#)
- [**Oklahoma Department of Veterans Affairs Suicide Prevention**](#)
- [**VFW Department of Oklahoma**](#)
- [**Oklahoma American Legion**](#)
- [**ABHOK Veteran Wellness Program**](#)

National:

- [**988 Suicide & Crisis Lifeline**](#) – Dial 988, press 1 for veterans
- [**VA Suicide Prevention Program**](#)
- [**COMPACT Act**](#) – No-cost emergency suicide care for veterans in crisis, even if not enrolled in VA health care

Self-check tools:

- [**Veterans Crisis Line Self-Check**](#)
- [**Mental Health America Screening Tools**](#)
- [**SAMHSA Warning Signs**](#)

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5882550-01-01 (08/25)

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