



Serving Those Who Served

Mental Health Resources for Veterans and their Employers

The issue of Veterans' mental health and the recognition of signs and symptoms of mental health illness is exceptionally important as according to a study conducted by the federal Department of Veterans Affairs (DVA), each day 20 Veterans commit suicide nationwide, while others struggle to adjust to civilian life may turn to alcohol, drugs or other vices. There is a broad range of resources available to help private and public employers, family and friends to identify mental health conditions common to veterans, including post-traumatic stress disorder, risk of suicide, depression and grief and to assist employees Veterans who exhibit such signs and symptoms in the workplace and in the home.

To help Connecticut employers, family and friends to better help our Veterans cope with mental health issues and intervene before a crisis occurs the DVA has established a "Mental Health Resources for Veterans and their Employers" page connecting users directly to a range of federal VA and state Department of Mental Health and Addition Service programs. There are many programs and services to help us help Veterans in need, but it is incumbent on all of us to utilize these resources and connect Veterans with the supportive programs available to them.

For more information visit the DVA's recently launched "Mental Health Resources for Veterans and their Employers" page at: <https://portal.ct.gov/DVA/Pages/Mental-Health-Resources-for-Veterans-and-their-Employees>. Please utilize these resources and share them with others who may benefit in their employment and support of our Veterans.

Thank you for your attention to this important matter and for your assistance in the mission of *Serving Those Who Served*.

Respectfully,

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