

18 veterans commit suicide every day... 540 a month, 6,480 a year. That's in addition to the 30 military personnel we already lose each month to suicide. The cause: Depression and Post-traumatic Stress Disorder.

Too many lives are being lost each year to PTSD and depression. This is especially alarming because these illnesses are very treatable with several medications that are proven to be effective. *So why do the suicide rates persist?* The answer can be found within the pages of this book, and the solution is more simple than you might think.

Herbert Wagemaker is a board-certified psychiatrist with a lifelong passion for helping people who suffer from mental illness. He has extensively researched PTSD and successfully helped numerous people achieve and maintain functionality in their daily lives. In this book he shares crucial information that explains why some current treatment options just do not work and most importantly, which ones do.

Dr. Wagemaker taught at the University of Louisville from 1975 to 1986 during which time his research in schizophrenia was funded by the National Institute of Mental Health. He later joined the faculty of the Department of Psychiatry at the University of Florida's teaching hospital, Shands Jacksonville, where he was director of inpatient psychiatry.

**2012 numbers** *(As reported by the Associated Press)*

**Army: 182 suicides, 9% increase**

**Navy: 60 suicides, 15% increase**

**Air Force: 59 suicides, 15% increase**

**Marines: 48 suicides, 50% increase**

**Total suicides: 349**

**Total combat deaths: 313**

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Wagemaker

SURVIVING PTSD

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