



## Rep. Tom Emmer on Emmer Brings Awareness to Veteran Suicide

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### **\*\*REP. TOM EMMER:**

\*\* Hello, everyone. Congressman Tom Emmer here. The month of September is Suicide Prevention Awareness Month, so I want to talk to you specifically about veteran suicide and what you can do to help prevent this terrible tragedy. In 2014, an average of 20 veterans died from suicide each day. A recent report by the Department of Veterans Affairs shows that the suicide rate for veterans is about twice the rate that it is for civilians. Our nation's heroes have sacrificed and even suffered to uphold and defend our country and the freedoms and liberties that you and I hold so dear. These men and women have to see, hear, and do things that the rest of us will never be able to comprehend. War and combat can leave scars, but not all of these scars are physical. Many are emotional, causing our veterans to suffer from conditions like post-traumatic stress disorder. That's why it's so important to know how to identify a veteran in need of help and know what resources are available to assist them. There are many warning signs prior to suicide, which include withdrawing from friends and family, taking part in reckless or dangerous behavior, or exuding feelings of hopelessness or depression. If you know a veteran who is displaying any of these warning signs, please be sure to direct them to the resources that are available, like the Veteran Crisis Line, which will connect them with a trained individual who can quickly get them the help and services they need. The number is 1-800-273-8255. To learn more about what you can do for a veteran in crisis, be sure to visit [www.va.gov](http://www.va.gov) and familiarize yourself with all of the services they offer. I personally vow to do my part in Congress by working with the Department of Veterans Affairs to ensure that every veteran who is suffering mentally or physically receives the care and service they deserve. Our nation's heroes, our veterans, have done so much to serve and protect us during their time in the military, so now it's up to all of us to return that service. Thank you for listening.

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