



## **Remembrance Day/Veterans Day November 11<sup>th</sup>**

On November 11<sup>th</sup> we remember the “11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month” of 1918 that ended World War I. It has come to be a day when we remember all veterans of all wars. It might also be a time to reflect on the price of war for all, including for those veterans we remember.

### Some statistics on US Veterans:

- 30 percent of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health condition requiring treatment – approximately 730,000 men and women, with many experiencing post-traumatic stress disorder (PTSD) and major depression.
- Less than 50 percent of returning veterans in need receive any mental health treatment.
- The Veterans Administration reports that approximately 22 veterans die by suicide every day.
- Lengths of deployments are associated with more emotional difficulties among military children and more mental health problems among U.S. Army wives. [More here](#)....

### And Canadian Veterans:

The mental health of CAF veterans is also of national importance. In the most recent iteration of a national survey of Canadian veterans, 23% reported having been diagnosed with 1 or more mental disorders, 5.8% reported suicidal ideation, and 1.1% reported a suicide attempt in the previous year. These studies have documented comorbidity between physical and mental health disorders, as well as identified correlates of suicidal ideation. There has also been significant documentation of mental health diagnoses and clinical management at specialised Operational Stress Injury clinics serving treatment-seeking veterans who qualify for care funded by Veterans Affairs Canada (VAC). For example, research concluded that primary and specialist health services use in peacekeeping veterans was associated with PTSD and depression symptom severity. Very few studies describing access to or use of services exist. [More here](#)...