8.4% of Delaware’s adult population are veterans of the U.S. military, compared to 6.9% of the US adult population. (Veterans Data Central)

7% of veterans will experience Post Traumatic Stress Disorder at some point in their lives. (Only slightly higher than the general population PTSD estimate of 6%) National Center for PTSD

Veteran Suicide

32.4
Delaware veteran suicide rate per 100,000

31.7
National veteran suicide rate per 100,000 U.S. Dept of VA, 2020

Mental Health

The prevalence of mental illness was highest among veterans aged 18 to 49, for both any mental illness* (32.7%) and serious mental illness* (12.9%).

Although 16.1% of veterans 18 or older reported having any mental illness in the past year, this is lower than the rates reported overall (22.8%) and by non-veterans (23.3%). (National Survey on Drug Use and Health, 2021)

Substance Use

Past Month Alcohol Use Among U.S. Veterans Aged 18 and Older

54.5%
(More than 1/3 of individuals who drank alcohol met the threshold for binge drinking)

Past Month Tobacco Use Among U.S. Veterans Aged 18 and Older

23.4%

Past Year Illicit Drug Use Among U.S. Veterans Aged 18 and Older

18.6%

Mental Health Services

56.4% of veterans with any mental illness* received mental health services in the past year, versus 46.4% of non-veterans. (National Survey on Drug Use and Health, 2021).

*This language reflects that of the original data source.
Funding for this project has been provided by the Delaware Department for Health and Social Services, Division of Substance Abuse and Mental Health through the Substance Abuse and Mental Health Services Administration (SAMHSA).

### Supports

Social connectedness has shown to be:

- Positively related to **quality of life** and negatively related to **psychological distress** (Flack & Kite, 2021).

- Moderate risks posed by combat experience and non-honorable discharge status and **direct negative effect of PTSD symptoms** (Kintzle et al., 2018).

### Barriers

**Career worry**, independent of stigma, is the strongest predictor in determining **willingness to seek mental health treatment** for veterans (Brown & Bruce, 2015).

Nearly all veterans with a substance use disorder who did not get treatment at a specialty facility **did not think they need treatment** (96.8%) (National Survey on Drug Use and Health, 2021).

### Resources:

- Delaware Office of Veterans Affairs
- Hiring Our Heroes
- Make the Connection
- Veterans Families United
- VA Homeless Programs, U.S. Department of Veteran Affairs
- U.S. Department of Veteran Affairs
- National Center for PTSD, U.S. Department of Veteran Affairs
- National Resource Directory
- Veteran Resources by Location: Find a Veteran Resource Near You

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Center for Behavioral Health Statistics and Quality. (2021). National Survey on Drug Use and Health. SAMHSA.


