



THE PROBLEM

According to the CDC

Suicide was responsible for more than 47,500 deaths in 2019, which is about one death every 11 minutes. The number of people who think about or attempt suicide is even higher. In 2019, 12 million American adults seriously thought about suicide, 3.5 million planned a suicide attempt, and 1.4 million attempted suicide. There are an average of 132 suicides per day in America.

According to Blue H.E.L.P., a nonprofit that works to reduce stigmas tied to mental health issues for those in law enforcement:

- In 2019, 228 current or former officers died by suicide, compared with 172 in 2018.
- The state of Texas had 19 suicides, the third highest number of officer suicides in the nation.
- Among the 228 officers who died by suicide in 2019, about 90% were male and approximately 25% were veterans with at least 20 years of service.
- More police officers have died by suicide in America than all line-of-duty deaths combined since Blue H.E.L.P. started collecting data.
- There are similar trends among other first responders; according to the Firefighter Behavioral Health Alliance, at least 107 firefighters died by suicide in 2018. Further, firefighters are 30% more likely to die by suicide than on duty – trends which are being further stressed by the 2019 coronavirus (COVID-19).

According to the Department of Veterans Affairs' 2019 National Suicide Prevention Report:

- From 2005 to 2017, suicides among all U.S. adults increased by 43.6 percent, while suicides among Veterans increased by 6.1 percent.
- America's non-Veteran population is increasing while its Veteran population is decreasing over time.
- The number of Veteran suicides exceeded 6,000 each year from 2008 to 2017.
- In 2017, the suicide rate for Veterans was 1.5 times the rate for non-Veteran adults, after adjusting for population differences in age and sex.
- Firearms were the method of suicide in 70.7 percent of male Veteran suicide deaths and 43.2 percent of female Veteran suicide deaths in 2017.

Counseling Sessions Provided Through One Tribe Foundation (Formerly 22Kill)

- 2019: 7082 sessions provided
- 2020: 9180 sessions (even through COVID)
- 2021: Trending toward a 25% or more increase



WHAT WE ARE DOING ABOUT IT

One Tribe Foundation is committed to taking action to stem the alarming surge in what are the very real health consequences of unresolved mental health issues in our community impacting veterans, first responders and their families – including depression, anxiety, post-traumatic stress disorder (PTSD), and suicide.

Mental wellness education and suicide prevention is the top OTF priority – since 2014, we have implemented a variety of policy, systems, and change strategies to combat this multi-faceted public health concern. We engage with our 90,000+ social media followers, have successfully launched viral awareness campaigns, and have made great strides towards destigmatizing the subject of mental health in the veteran and first responder communities by creating culturally competent opportunities for mental wellness activities and peer support.