



Mental Health Mondays

Veterans Mental Health

11-21-2022

What is Missouri Buddy Check 22 Day?

Missouri legislation was passed effective August 2020, establishing the twenty-second day of each month as "Buddy Check 22 Day" to promote education and awareness of the problems of suicide facing military personnel.

The Facts

- Suicide is the **12th** leading cause of death.
- Missouri Veterans suicide rate was **39.3%** in 2020.
- Over **76%** of Missouri Veteran suicides were by firearms.
- There are an estimated **25 attempts** for every documented suicide death.



Make sure to reach out to a service member, Veteran, or a family member today.



For more information visit: [Missouri Buddy Check 22 Day](#) or scan the QR code.



What can I do?

All Missourians are encouraged to check in on service members, veterans, and their families on the twenty-second day of each month. Having a support system and social connectedness promotes good mental health and reduces the risk of suicide. A "check-in" allows veterans to know they are cared for and there is help available during a mental health crisis or in times of need.

How Do I Check-in?

Whether you meet in person, call or text, reaching out is important. It lets people know they are not alone, and someone cares about them. Here are **three** easy steps to help you:

1. Start the conversation: "I've been thinking of you. Can we talk?"
2. Be a good listener. Listen to what they say, try to understand their thoughts and feelings, and summarize what you heard back to them. This lets the person know they are being heard and understood. If they are not ok, ask them what is going on and what they think will help. If you are worried about their safety, call the [Missouri 988 Suicide & Crisis Lifeline by dialing or texting 988. Veterans press 1 for assistance.](#)
3. Let them know you are here for them. Make a plan to talk again soon.

Interested in a specific topic or want to contribute to Mental Health Monday content?
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