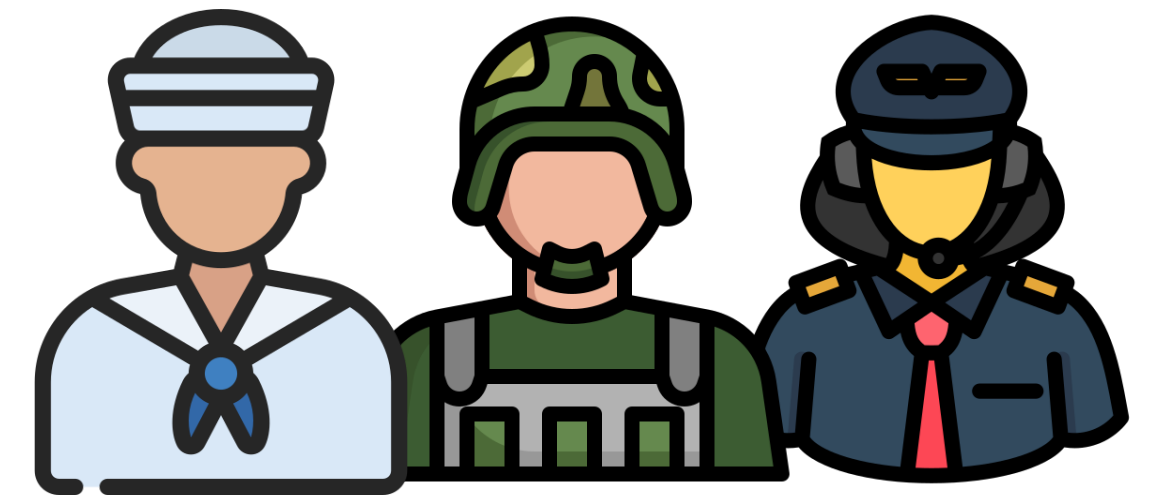
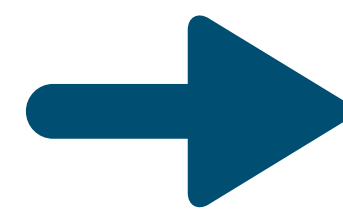


1996-2018: a cohort study

## Why we did this research



Changing population **patterns of suicide** and periods of **intense operations** in Iraq and Afghanistan



Concern about suicide and **mental health impacts** in veterans

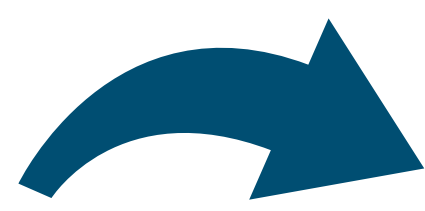
## What did we do?

We **linked national databases** of discharged personnel and people who died by suicide to look at:

- the **risk of suicide** in veterans compared to the general population
- the **factors associated with suicide** after leaving the Armed Forces



## What we found



458,058

People **left** the UK Armed Forces



1,086  
(0.2%)

Veterans **died by suicide** (aged 16-80+ years)

1/4

**Contact** with mental health services in **year before death**

Overall, veterans **were not** at increased risk of suicide compared to the general population

However, risk of suicide was **2-3 times higher** in male and female veterans aged **under 25 years**

1996-2018: a cohort study

## What we found

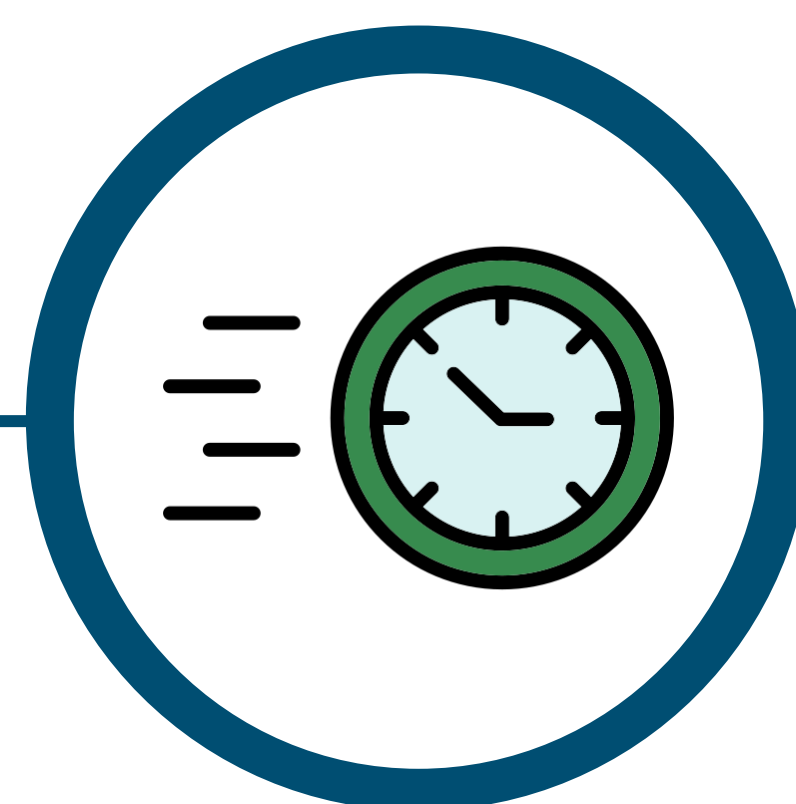
Factors associated with a **higher**...



Being male



Younger age at discharge



Short length of service



Army service

...and a **lower** risk of suicide



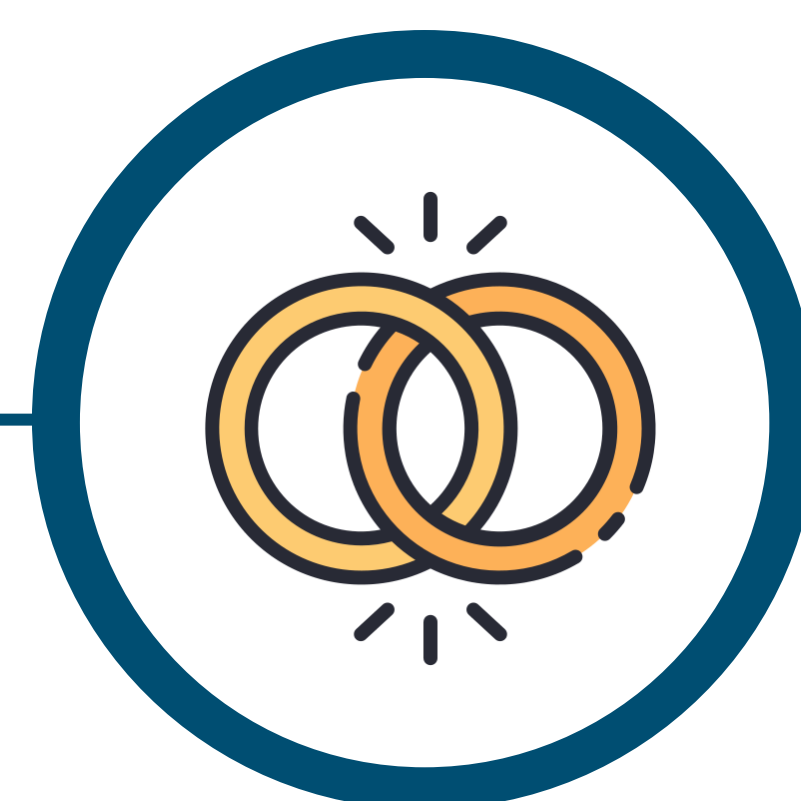
Higher rank



Serving on operational tours



Training

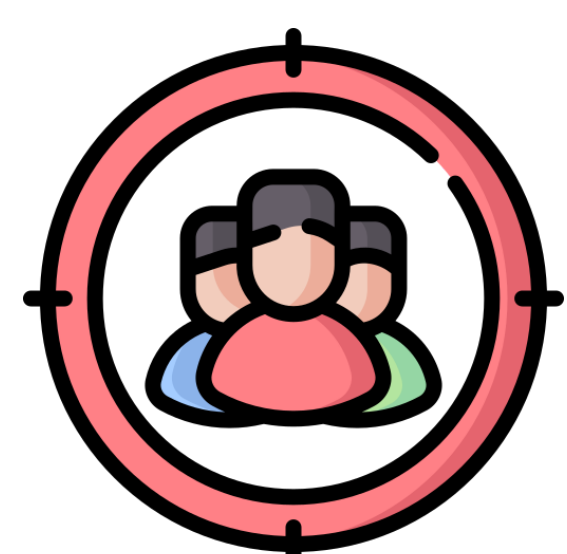


Being married

## What do our findings mean?

Young people who serve for a short time may be a vulnerable group but...

...suicide can occur at any age so prevention is a priority in all veterans



As in the general population, tackling self-harm, alcohol and drug misuse and enhancing social support are important

