

Memorial Day

Supporting the mental health
of our veterans

For many Americans, Memorial Day is a long weekend to look forward to, marking the unofficial start of summer.

For countless veterans, however, Memorial Day can be one of the most difficult days of the year. Many are dealing with symptoms of Post Traumatic Stress Disorder (PTSD), depression, anxiety, grief and traumatic brain injury (TBI).

The impact of their experiences takes an emotional and mental toll and this is a day that can bring up a lot of mixed emotions. It can be a hard day for their family and friends too.

How you can show support

- Reach out and ask a veteran how they're doing.
- Thank them for their service.
- Spread kindness, buy a cup of coffee, donate to an organization or give blood
- Listen to their stories
- Acknowledge and support their family members.

Is it a difficult day for you?

- Give yourself permission to feel your emotions brought about by this day
- Talk about your feelings with someone you trust
- Reach out to someone you served with, or someone you know who served
- Volunteer to support a veteran's organization or event
- Engage in some family or community fellowship to talk about and honor the fallen
- Write down your thoughts and feelings about this day



If you struggle with thoughts of suicide please call Spring Health's 24/7 clinical crisis support phone line (1-855-629-0554; option 2), or 988, the suicide and crisis hotline.

If you're a veteran who is struggling, or if you're grieving the loss of a veteran, we can help. Spring Health has therapists who specialize in treating veterans and anyone who's struggling with grief.