

VIRGINIAN-PILOT JUNE 8, 2012

By Robert Burns—The Associated Press
Washington

Despite Military's Efforts, there's still a stigma associated with seeking aid for mental distress

Suicides are surging among America's troops, averaging nearly one a day this year—the fastest pace in the nation's decade of war.

The 154 suicides for active-duty troops in the first 155 days of the year far outdistance the 88 U.S. forces killed in action in Afghanistan, according to Pentagon statistics obtained by The Associated Press.

The numbers reflect a military burdened with wartime demands from Iraq and Afghanistan that have taken a greater toll than foreseen a decade ago. The military also is struggling with increased sexual assaults, alcohol abuse, domestic violence and other misbehavior.

Because suicides had leveled off in 2010 and 2011, this year's upswing has caught some officials by surprise.

The reasons for the increase are not fully understood. Among explanations, studies have pointed to combat exposure, post-traumatic stress, misuse of prescription medications and personal financial problems. Army data suggest soldiers with multiple combat tours are at greater risk of committing suicide, although a substantial proportion of Army suicides are committed by soldiers who never deployed.

The unpopular war in Afghanistan is winding down, with the last combat troops scheduled to leave at the end of 2014. But this year has seen record numbers of U.S. troops killed by Afghan troops, and there also have been several scandals involving U.S. troop misconduct.

The Military Crisis Line and the Veterans Crisis Line are staffed by responders from the U.S. Department of Veterans Affairs—many who have served in the military. Call toll-free 1-800-273-8255 and press 1, chat online at www.VeteransCrisisLine.net, or send a text message to 838255 to receive confidential support.

WOUNDED WARRIOR PROJECT

Provide Comfort For A Wounded Warrior With A One-Time Donation

Your generous, tax deductible donation to the Wounded Warrior Project enables us to help the thousands of wounded warriors returning home from the current conflicts and to provide assistance to their families. As the number of wounded steadily increases, it is easy to see how the needs of these brave individuals also increase. Please make a gift in Honor or Memory of an individual.

Check out the website:

<https://>

support.woundedwarriorproject.org

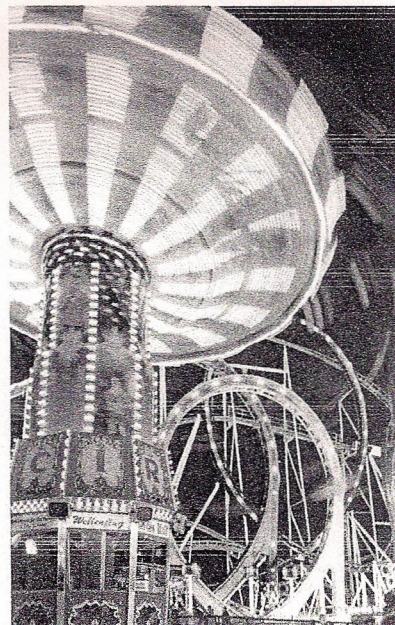
KINGS DOMINION

Attention:

Active Duty and Retired Military!

Kings Dominion Offers Military FREE Days

Active Duty and Retired military members can visit Kings Dominion FREE on July 3 and 4. Proper Military ID or discharge papers are required for entry. Spouses and family members (children) need to purchase tickets.



GUEST SPEAKERS

From time to time, we will have a guest speaker visit us at our Chapter Home to share important subject matter that is beneficial to the membership. Depending on the subject, they will either speak to the membership at our regular Tuesday night meeting, or they will speak to us at one of our Saturday dinners. If a Chapter Officer or any other DAV Member knows of someone who has knowledge to share that will greatly benefit our membership, the Executive Committee will invite them to speak. Under no circumstance will a guest speaker be made to feel uncomfortable, embarrassed nor disrespected at Chapter 20. We are better than that! They are there to share their knowledge. The Executive Committee does not allow speakers who want to 'sell' to us nor do we allow politicians to campaign. If anyone has a problem with a speaker, bring your complaint to an XO Committee member on the side, not in front of the speaker questioning his or her motives .. WE KNOW THEIR MOTIVES .. Remember...the XO Committee clears these speakers ahead of time. Please ask your questions tactfully and respectfully.

The Veterans Site

www.theveteranssite.com

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As many of you already know, we senior citizens are the main target of scams and swindlers perpetrating fraud. The best way to check out any business or charity or organization (including sweepstakes letters), is to check with the Better Business Bureau. You can go online: BBB.org/Norfolk their email address is: info@hamptonroadsbbb.org If you go to the BBB website, you can read a list of the top 10 current scams. Be a wise consumer...use the Better Business Bureau. Their address is:

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