



## **NATIONAL COALITION *for* HOMELESS VETERANS**

### ***Student Veterans: A National Survey Exploring Psychological Symptoms and Suicide Risk***

Rudd, M. D., Goulding, J., & Bryan, C. J. / [Full Report](#)

#### Main Points:

- An influx of veterans into higher education means that learning institutions must take informed action to provide efficient and effective assistance for those with mental illness and suicidal ideation.
- Schools can act accordingly by engaging student veterans and pulling them into a system of care for treatable disorders like PTSD.
- Successful implementation of these actions will occur with quick interventions, campus-wide awareness, and knowledgeable school clinicians.

#### Key Statistics:

- Regarding student veterans in the study, **“there are significant numbers of participants thinking about suicide (46%), with 20% having a plan, 10.4% thinking about suicide ‘often or very often,’ 7.7% making an attempt, and 3.8% believing that suicide is either likely or very likely.”**
- In discussing student veterans’ mental health profiles, **“PTSD is a particularly significant factor, with 82% of those making a suicide attempt experiencing significant symptoms.”**

#### Recommendations:

- Immediately locating student veterans upon their campus arrivals should become a priority for institutions of higher education.
- Student veterans may be unfamiliar with campus offerings tailored to their needs, and schools can ensure information delivery by simply advertising available assistance options.
- A thorough understanding of PTSD and its effects on the student veteran population can inform school clinicians and the counseling practices they employ.

Source: Rudd, M. D., Goulding, J., & Bryan, C. J. (2011). Student Veterans: A National Survey Exploring Psychological Symptoms and Suicide Risk. *Professional Psychology: Research and Practice*, 42, 354-360. Accessed from: [http://www.units.muohio.edu/celt/resources/strategies\\_documents/veterans\\_suicide.pdf](http://www.units.muohio.edu/celt/resources/strategies_documents/veterans_suicide.pdf).