High levels of mental illnesses and suicide rates within Active Duty Service Members (ADSM)

- 8-30% of ADSM were diagnosed with a mental illness in 2018

Toxic stigma against mental illnesses causes ADSMs to feel stuck and unable to get help.

- When ADSM do get help, they often feel like they will be punished for it.

Alcohol Use Disorder (AUD), Depression, Post Traumatic Stress Disorder (PTSD), Suicidal Ideation

Solutions

- Medications
  - Antidepressants
  - Antipsychotics
- Therapies
  - Psychotherapy (Talk Therapy)
  - Therapy Pets
- An improved culture towards mental health

Recommendations

- Implementing a system of external mental health experts with mandatory biannual therapy sessions for all military members.
- The military cannot access these mental health records without good reason