

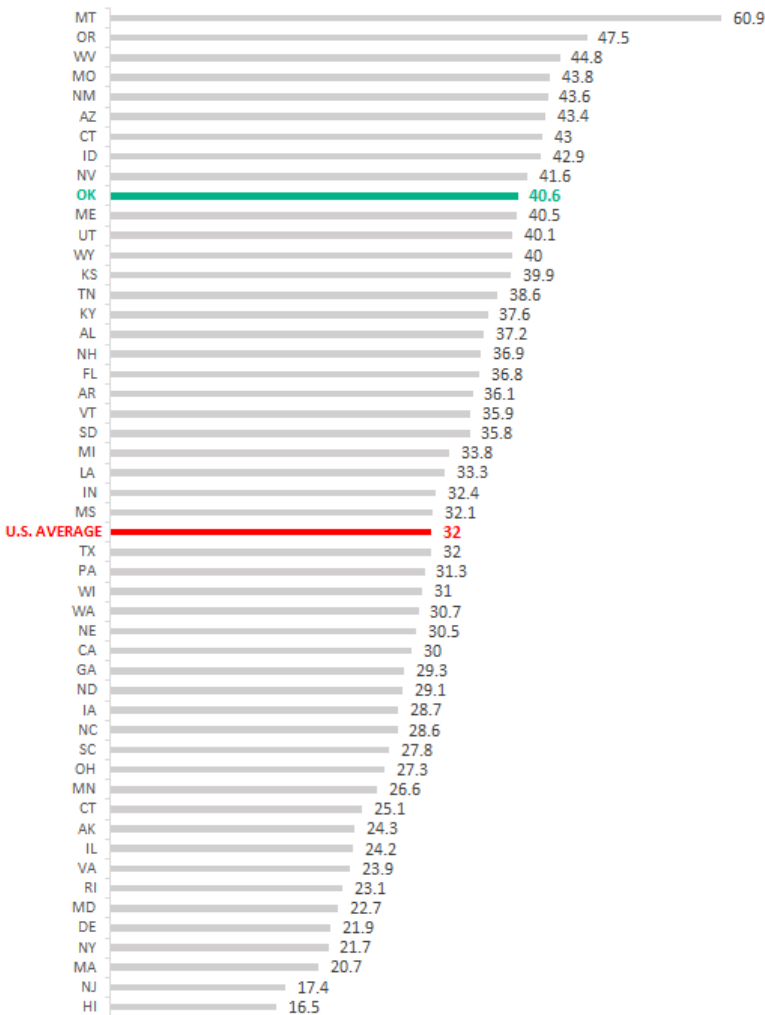


HEALTHY MINDS  
POLICY INITIATIVE

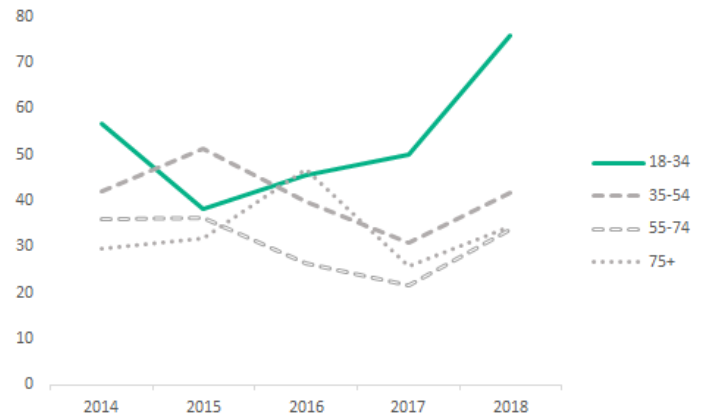
# MENTAL HEALTH DATA SNAPSHOT: OKLAHOMA VETERANS

Oklahoma has a high concentration of veterans, being the state with the 13th most veterans per capita. However, Oklahoma veterans also face high rates of suicide. In 2018, Oklahoma was the state with the **10th highest veteran suicide rate** in the nation. In addition, Oklahoma had the **highest suicide rate among young veterans (aged 18-34)** in the nation.

### Veteran Suicides per 100,000 (2018)



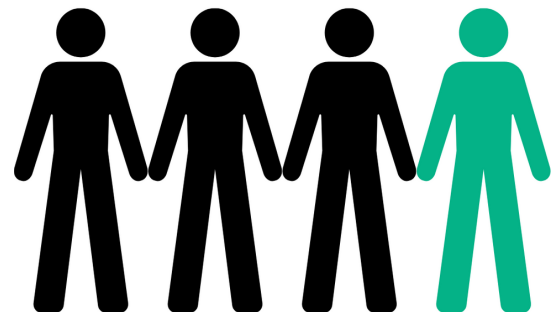
### OK Veteran Suicide Rate by Age



- From 2014 to 2018, **young veterans** had the fastest-growing suicide rate among Oklahoma veterans.
- In 2018, the suicide rate among young veterans in OK was 75.8 per 100,000—**65% higher than the national average** for young veterans (45.9 per 100,000).

Veteran’s mental health continues to be a significant issue for the state.

In 2020, **more than a quarter** (25.7%) of Oklahoma veterans who sought out VA services were diagnosed with a mental illness.



**1 in 4 Oklahoma veterans who sought out VA services in 2020 were diagnosed with a mental illness.**

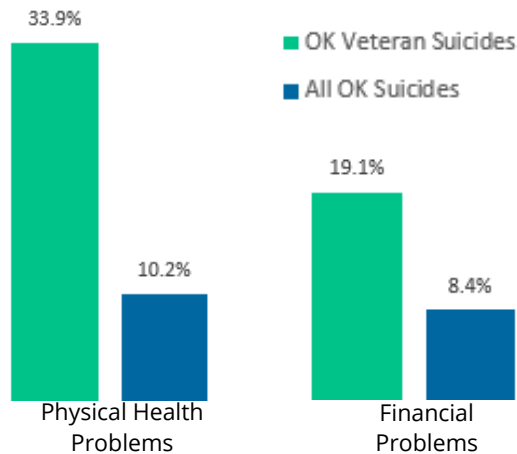
When Oklahoma veterans die by suicide, it may often seem sudden or unexpected. Oklahoma veterans who died by suicide are **less likely** than non-veterans to have a **history** of suicidal thoughts, plans, and attempts.

## Warning Signs

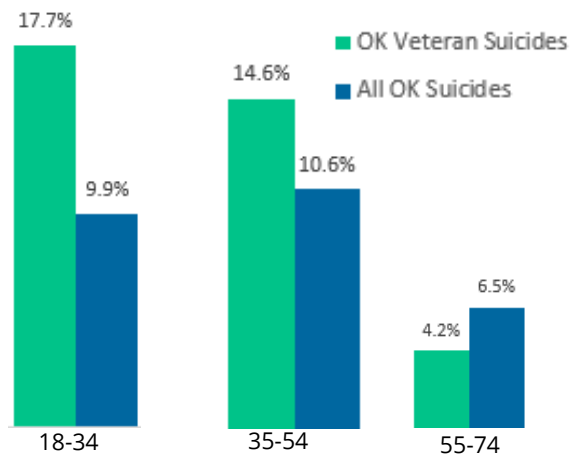
	OK Veterans	OK All Citizens
History of suicidal thoughts or plans	29.6%	32.4%
History of suicide attempts	12.2%	17.6%

**Physical health problems** and **financial difficulty** are more commonly implicated as contributing to Oklahoma veteran suicides (as compared to the general population).

Contributing Factors to Suicide



Young veterans who died by suicide disproportionately have **job issues** implicated as a contributing factor.



Oklahoma's elevated rates of **veteran disability** and **veteran poverty** reflect these everyday problems, indicating an opportunity for solutions.

	OK Veterans	U.S. Veterans
Disability	35.0%	28.2%
Poverty	8.0%	7.0%

*For a list of sources and additional resources visit [healthyminds.org/veterans](http://healthyminds.org/veterans)*



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### HEALTHY MINDS POLICY INITIATIVE

Building community capacity in Oklahoma to address treatable mental illness and addiction through local systems change and statewide policy work.

**LEARN MORE: [HEALTHYMINDSPOLICY.ORG](http://HEALTHYMINDSPOLICY.ORG)**