



Missouri Buddy Check 22 Day

Suicide can affect all Americans, but data shows that active duty service members and veterans die by suicide at much higher rates than the civilian population and that veteran suicide rates in Missouri are significantly higher than the national average. The United States Department of Veteran Affairs published that an estimated 22 veterans die by suicide every day.

Effective 28 AUG 2020, the twenty-second day of each month is "Buddy Check 22 Day" in the state of Missouri to promote education and awareness of the problems of suicide facing military personnel.

What can you do?

- Citizens of this state are encouraged to check in on veterans on the twenty-second day of each month. Having a support system and social connectedness promotes good mental health and reduces risk of suicide. A “check-in” allows veterans to know they are cared for and that help is available during a mental health crisis or in times of need.
- Participate in appropriate events and activities that raise awareness of the problem of suicide facing military personnel. Learn about the warning signs, risk factors and protective factors of suicide. Advocate for ways to improve outreach and treatment for people at risk of suicide. To learn more visit the Missouri Suicide Prevention Network (MSPN) www.mospn.org
- Follow us on [Facebook](#) and [Twitter](#) using **@dmhveteran** to learn about protective factors and the impact suicide is having on the military-connected community. If you are promoting suicide prevention messaging, please use the hashtag **#MOBC22Day**.

If you have questions about Missouri’s Buddy Check 22 Day, contact the Missouri Department of Mental Health-Veterans Services at DMH.Veteran@dmh.mo.gov

If you or someone you know is in crisis, contact the Suicide Prevention Lifeline 1-800-273-8255 (veterans press 1)