



## **BE THE ONE: The Three Key Things We Can Do to REALLY Stop Veteran Suicide!**

*Dr. Ruth Moore*

When people talk about or are impacted by veteran suicide, the profound senses of helplessness and loss arise. In an effort to “combat suicide,” many people and organizations with good intentions create programs that try to help vulnerable veterans with “*buddy*” *talks*, investing in *high adventure* events like skydiving, or hiring social workers and therapists to engage in various levels of *talk therapy*. And according to Moore (2022), Krippner, et al. (2021), and Kay (2011) these methods will ultimately fail when a veteran is discouraged, alone, and has no one to turn to, even when a buddy can be in the next room. Dr. Moore, along with Dr. Stanley Krippner, Linda Reibel, Debbie Ellis, and Daryl Paulson are considered to be some of the nation’s leading experts on veteran suicide. In Understanding Suicide’s Allure: Steps to Save Lives by Healing Psychological Scars, these providers study the commonality of veteran suicide, and propose new ways to address the growing issues of veteran suicide.

As a survivor of a nearly successful suicide attempt in 1987 at Bethesda Naval Hospital, Dr. Moore is uniquely qualified to evaluate the three most common reasons that veterans commit suicide; moreover she offers many ways that people, communities, and organizations can truly help suicidal veterans who seek a permanent solution to a temporary set of problems or conditions.

### **How Can You BE THE ONE to help?**

1. Remember that PTSD is not a mental health condition, it is a neurobiological injury. People react differently to stress and we need to help them understand that they are not “defective” or broken. We need to support our brothers and sisters when their symptoms arise, and we need to help them destress by teaching them how to change their neurochemistry.
2. Most people with PTSD also have comorbid gut health issues, chronic diseases, and stress-based health conditions like Hypertension. Changing diets can be a lifesaver. Encourage buddies to meet with a functional health provider.
3. Light, sound, and laughter can change neurotransmitter and hormones levels. The effects of High Dopamine and Epinephrine adventures wear off and then the brain “borrows” other neurotransmitters to make up for the deficits. Late nights, depression, chronic pain, and other conditions then result from unbalanced brain chemistry. Instead of high adventure events—provide rewarding friendship and create opportunities for recreation, sunlight, and sound therapy.

**For MORE information about WHY veterans commit suicide, to schedule a presentation, or to help support specific therapies, please reach out to Dr. Moore at (207) 619-1413.**