

Summary of Veterans Statistics for PTSD, TBI, Depression and Suicide.

there are over 2.3 million American veterans of the Iraq and Afghanistan wars (compared to 2.6 million Vietnam veterans who fought in Vietnam; there are 8.2 million "Vietnam Era Veterans" (personnel who served anywhere during any time of the Vietnam War)

at least 20% of Iraq and Afghanistan veterans have PTSD and/or Depression. (Military counselors I have interviewed state that, in their opinion, the percentage of veterans with PTSD is much higher; the number climbs higher when combined with TBI.) Other accepted studies have found a PTSD prevalence of 14%; see a complete review of PTSD prevalence studies, which quotes studies with findings ranging from 4 -17% of Iraq War veterans with post-traumatic stress disorder)

50% of those with PTSD do not seek treatment

out of the half that seek treatment, only half of them get "minimally adequate" treatment (RAND study)

19% of veterans may have traumatic brain injury (TBI)

Over 260,000 veterans from OIF and OEF so far have been diagnosed with TBI. Traumatic brain injury is much more common in the general population than previously thought: according to the CDC, over 1,700,000 Americans have a traumatic brain injury each year; in Canada 20% of teens had TBI resulting in hospital admission or that involved over 5 minutes of unconsciousness (VA surgeon reporting in BBC News)

7% of veterans have both post-traumatic stress disorder and traumatic brain injury

rates of post-traumatic stress are greater for these wars than prior conflicts

in times of peace, in any given year, about 4% (actually 3.6%) of the general population have PTSD (caused by natural disasters, car accidents, abuse, etc.)

recent statistical studies show that rates of veteran suicide are much higher than previously thought (see suicide prevention page).

PTSD distribution between services for OND, OIF, and OEF: Army 67% of cases, Air Force 9%, Navy 11%, and Marines 13%. (Congressional Research Service, Sept. 2010)

recent sample of 600 veterans from Iraq and Afghanistan found: 14% post-traumatic stress disorder; 39% alcohol abuse; 3% drug abuse. Major depression also a problem. "Mental and Physical Health Status and Alcohol and Drug Use Following Return From Deployment to Iraq or Afghanistan." Susan V. Eisen, PhD

Oddly, statistics for veteran tobacco use are never reported alongside PTSD statistics, even though increases in rates of smoking are strongly correlated with the stress of deployment and combat, and smoking statistics show that tobacco use is tremendously damaging and costly for soldiers.

More active duty personnel die by own hand than combat in 2012 (New York Times)