

MARYLAND ARMY NATIONAL GUARD

WALK FOR SUICIDE AWARENESS & PREVENTION

Thursday September 24th, 0900-1600

5th Armory Drill Floor, Baltimore

TAKE STEPS TO PREVENT SUICIDE



Of reported military suicides in 2014:

50% were married

50% had access to a firearm at home

1,800 reported former suicide attempts

54 % of suicide attempts involved drugs

41 % involved prescription medications

80% of those treated for depression are treated successfully

288 suicides were confirmed among active duty personnel throughout the military

22 were prescribed multiple medications at the time of their deaths

73 % of completed suicides tested positive for alcohol, cocaine, heroin or marijuana

100% of suicide attempters report relationship and/or financial problems, depression and/or lack of coping strategies, loss of faith, hopelessness and an exaggerated fear of stigma if they seek help

20% of US suicides are Veterans

135 Soldiers completed suicide last year

1 Soldier per day completed suicide in 2012

12 had a diagnosed brain injury

60 Airmen completed suicide

Add together some statistics and begin walking

4000 steps = 2 miles = 16 laps

3000 steps = 1.5 miles = 12 laps

2000 steps = 1 mile = 8 laps

ALL PARTICIPANTS RECEIVE A FREE PEDOMETER & PROGRESSIVE INCENTIVES

THE MORE YOU WALK >>>> THE MORE YOU WIN!