



### Mental Health Awareness

#### Think Before You Drink

**Myth:** Most deaths by firearm in the military happen during combat.

**Fact:** Most firearm deaths of service members – 83% – are the result of suicide.<sup>2</sup>

**Myth:** Most service members who die by suicide had a mental illness.

**Fact:** Less than half of service members who died by suicide had a mental health diagnosis.<sup>2</sup>

**Myth:** Deployment increases suicide risk.

**Fact:** Although it may be a factor for some, studies show that being deployed is not associated with suicide risk among service members.<sup>1</sup>

**Myth:** Drugs are a bigger problem than alcohol.

**Fact:** Although legal, alcohol is a drug. Substance use is a common risk factor for suicide, with alcohol misuse or dependence increasing the risk of suicide tenfold.

**Myth:** There is no correlation between substance use and suicide.

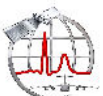
**Fact:** 22% of suicide deaths and 30-40% of suicide attempts in the U.S. involve alcohol intoxication.<sup>1</sup>

Ready to cut down on your drinking?

Scan the QR code to learn how to get started!



1. NY State Office of Mental Health. (2019). *Risk Factors Associated with Suicide*. Suicide Prevention Center NY - Suicide Prevention Center. <https://www.preventsuicideny.org/risk-factors-associated-with-suicide/>
2. Suicide Awareness. (2021). *Military One Source*. <https://www.militaryonesource.mil/health-wellness/prevention-care/suicide-awareness/>



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See calendar on other side to see what is going on this week



### One standard drink in the U.S.



### Stop the Buzz

Moderate drinking is 1 drink or less per day for women, and 2 drinks or less for men. But what does 1 drink look like?<sup>1</sup>

Alcohol intake	Women	Men
<b>Moderate drinking</b>	1 drink or less <i>per day</i>	2 drinks or less <i>per day</i>
<b>Heavy drinking</b>	8 or more drinks <i>per week</i>	15 or more drinks <i>per week</i>
<b>Binge drinking</b>	4 or more drinks <i>on one occasion</i>	5 or more drinks <i>on one occasion</i>

1. Consortium for Health and Military Performance. (2022). *Moderate Alcohol Consumption*. Human Performance Resources by CHAMP. <https://www.hprc-online.org/mental-fitness/substance-use/moderate-alcohol-consumption>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us. For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



**Contact:** Luke Christy  
**Phone:** 609-1027  
**Email:** [lucan.christy@us.af.mil](mailto:lucan.christy@us.af.mil)

Monday	Tuesday	Wednesday	Thursday	Friday