



Webinars for National Veteran Suicide Prevention Month

The Office of Mental Health Coordination's Veterans Mental Health Services has developed four webinars to occur each week of June in honor of National PTSD Awareness and Veteran Suicide Prevention Month.

The webinars will focus on various aspects of how post-traumatic stress disorder (PTSD) and returning home from service can impact veterans and their families.

Webinar dates, descriptions, and registration links can be found below.

[PTSD in Military Veterans: What It Is and Isn't – and Unique Considerations for Veterans Living with PTSD](#)

June 7, 2024 | 11:00 a.m.

Speaker: Dr. Samantha Marasa, Strong Star, Ft. Cavazos

Moderator: Tara Reyna

Learn how trauma experiences change the nervous system and the impact that childhood trauma can have on service-members. We will also discuss unique considerations for supporting veterans living with PTSD. This webinar is appropriate for veterans, their families, and clinicians.

Register Now

[The Deadly Gap – The Elevated Suicide Risk for Veterans in Their First Year After Service Separation](#)

June 14, 2024 | 11:00 a.m.

Speaker: Tara Reyna

Moderator: Kimberly Patterson

In the first year after leaving military service, the rate of veteran suicide is 2.5x higher compared to the active-duty population. During this time, veterans are experiencing change in all major areas of life:

family, job, community, friendships, and life purpose. We will discuss why these changes can be both mentally and physically overwhelming, the impact of substance use, and discuss the various programs and places in the community that can provide support.

Register Now

["Sober Curious" for Veterans and Families: Alcohol's Impact on Mental Health and How the Sober Curious Movement Can Help](#)

June 28, 2024 | 11:00 a.m.

Speaker: Tara Reyna

Moderator: Kimberly Patterson

The recent "sober curious" movement challenges drinking culture norms and encourages individuals to examine their drinking habits in order to drink less and live fuller, healthier lives. In this webinar, we will explore the details of this rising movement and how it could have a positive impact on military communities.

Register Now

[How Families Are Impacted When a Service Member or Veteran Lives with PTSD](#)

June 21, 2024 | 11:00 a.m.

Speaker: Dr. Elisa Borah

Moderator: Tara Reyna

When a service member lives with PTSD, it impacts not just them, but their families as well. Sometimes, secondary trauma can occur, and in order to help the veteran, it's important to help their family, too. This webinar will discuss how PTSD impacts the entire family unit and the effective supports for families.

Register Now

