

Myth Buster #1

“PTSD is the biggest mental health problem facing the Ex-Armed Forces community...”

Post Traumatic Stress Disorder (PTSD) is most commonly associated with military service **but there are a range of other more common mental illnesses which might affect service and ex-service personnel.**

These include depression, anxiety, panic and substance misuse.

Fact...

Latest research shows there are around 2.8 million Ex-Armed Forces personnel living in the UK.

Fact...

480,000 Ex-Armed Forces personnel are suffering from  Depression.



Myth Buster #2

“Mental illness only occurs amongst junior ranks, senior ranks don’t experience them...”

This is incorrect 

Mental illness    as a result of the traumatic experiences witnessed during Armed Forces service  can **affect any member of the Armed Forces** regardless of rank.

Fact...

There are currently around 3,500 veterans in Coventry and Warwickshire.

Veterans UK/RBL

Fact...

Only half of ex-service personnel with mental health problems seek help, only a minority are in contact with service charities and G s remain responsible for the majority of Veterans.

Iverson et al 2005a



Myth Buster #3

“You can only get mental illness if you have seen combat...”

Far from it, there are many traumatic experiences that sailors, soldiers and airmen could witness during their military careers which take place **out of combat situations**. Whether it is training incidents, administering medical treatment or other activities, these experiences can stay with personnel and lead to mental ill health in later life.

Fact...

Every year approximately 24,000 are discharged from the Armed Forces.

Mental Health Foundation

Fact...

Risk of suicide is greater in the first 2 years of discharge from the Armed Forces.

Kapur et al 2009



Myth Buster #4

“The suicide rate amongst Ex-Armed Forces personnel is higher than  the general population...”

Suicide remains a rare occurrence in both the  serving and Ex-UK Armed Forces personnel. The suicide rate, in fact, is not significantly different to the rate amongst the UK general population, and for most age groups is actually lower.

Fact...

Those who have served a shorter time in services tend to find transitioning the most difficult.

National Audit 2010

Fact...

Those at particular risk of suicide are men under the age of 24, who have served in the Army for fewer than 6 years, were of low rank and unmarried.

Iverson et al 2005a



Myth Buster #5

“Many Ex-Armed Forces personnel are in Prison...”

Service personnel and Ex-Armed Forces personnel appear to be **less likely than the general population to have a criminal conviction.**

Statistics on Ex-Armed Forces in Prison vary, but the most reliable ones have found that Ex-Service personnel make up between 3.5% and 7% of the prison population in England and Wales. This is broadly similar to the percentage of Ex-Armed Forces personnel in the UK population as a whole.

Fact...

The vast majority of ex-armed forces enjoy good mental health.

Fact...

The military covenant entitles those that have served priority treatment for mental health problems related to military service.



Myth Buster #6

“Many Ex-Armed Forces Personnel are Homeless...”

Worrying statistics emerged in the 1990s, indicating that **around 20% of the London homeless population was ex-Service.** A more recent estimate is that 127 individuals who slept rough in London at least once in 2013/14 had ever served in the UK military – 3% of the total. **Source Combat Stress/RBL**

Fact...

Saturday 25th
June 2015 is
National Armed
Forces Day.

Fact...

49% of service leavers cited impact of their service life in cases of divorce, domestic violence and impact on their children.

National audit 2010

