

## **VA Releases from Science to Practice Literature Review on Factors Affecting Women Veterans' Suicide Risk**

Support the Veterans in your care with these literature reviews.

The U.S. Department of Veterans Affairs (VA) has added two new From Science to Practice literature reviews that focus on factors that impact suicide risk among women Veterans: mental health and emotional well-being, and sexual and reproductive health.

Women Veterans are almost twice as likely as non-Veteran women to die by suicide. The literature review, [Suicide Among Women Veterans: Risk Factors Associated With Mental Health and Emotional Well-Being](#) focuses on the link between psychopathology and suicide risk and the fact that it is stronger among women than men. This piece highlights suicide risk related to mental health conditions, substance use disorders, intimate partner violence, and problems with emotion regulation and distress tolerance.

The second literature review, [How Women's Reproductive Cycles and Sexual Health Affect Their Suicide Risk](#), explains that among the many factors that can influence suicide risk, the effects of reproductive cycle stages and sexual health are unique to women.

VA remains dedicated to ensuring that appropriate services are available to meet the treatment needs of women Veterans who may be at risk for suicide. VA's Office of Mental Health and Suicide Prevention provides gender-sensitive mental health training for clinicians and has implemented multiple initiatives to bolster mental health services for women Veterans, including those at risk for suicide.

VA's From Science to Practice literature review series helps clinicians put suicide prevention research into action. The series pairs a number of suicide risk and protective factors and other topics related to suicide with concrete steps that clinicians can take to best serve Veteran patients. No single risk or protective factor on its own causes or prevents suicide.

View the full literature reviews for more information on improving safety to prevent suicide and ways to help support the Veterans in your care at [www.mentalhealth.va.gov/suicide\\_prevention/resources.asp](http://www.mentalhealth.va.gov/suicide_prevention/resources.asp).

The health and well-being of our nation's Veterans and former service members is VA's highest priority. Guided by data and research, VA is working with partners, Veterans' family members and friends, and the community to ensure that Veterans and former service members get the right care whenever they need it. To learn about the resources available for Veterans and how you can Be There as a VA employee, family member, friend, community partner, or clinician, visit [www.mentalhealth.va.gov/suicide\\_prevention/resources.asp](http://www.mentalhealth.va.gov/suicide_prevention/resources.asp).

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and Press 1, text to 838255, or chat [online](#).