



Healing Suicidal Veterans: Recognizing, Supporting and Answering Their Pleas for Help

Victor Montgomery III

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Veterans are suffering a “mental breakdown” epidemic, often linked to post traumatic stress from the terrors of combat, traumatic brain injury, and drug and alcohol abuse. The problems triggered by an excessive number of deployments, financial and family trouble, fragmented or nonexistent support systems, and increased domestic stress have caused a mass depression among vets. *Healing Suicidal Veterans* takes readers firsthand into the “situation room” where crisis intervention and addiction therapist Victor Montgomery explores the psychological wounds of war and the ways they contribute to the tragedy of suicidal veterans. He presents the Montgomery Model for ending veterans' suffering and anguish and putting them on solid paths to healing. The book offers veterans strategies for realizing they are not failures if they seek aid, and it gives families and loved ones ways to understand, cope with, and help their veteran in need.

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