



Military & Veterans Mental Health and Wellness

Support your troops and Veterans when they need you most

Mental health is a significant concern in the United States, and service members and veterans are at substantial risk of developing various mental health conditions, including anxiety, depression, stress/adjustment issues, and sleep-related disorders. From 2016 through 2020, the Department of Defense estimated that 456,293 active-duty service members were diagnosed with at least one mental health disorder and the suicide rates are 1.5 times higher than the general population.

Your partner in ensuring your teams are ready for duty

At Pearson, we understand the unique challenges that the military and Veterans face. With growing problems such as the military suicide epidemic and wellness initiatives such as Holistic Health and Fitness (H2F), we help provide assessments to identify mental health problems sooner so that your teams are ready for any assignment. We are proud to support military and Veteran employees and the companies they work for throughout the entirety of their careers.

How can you address and recognize common mental health concerns such as PTSD, depression, and traumatic brain injury within your practice?

25% of **active duty** suffer from at least one mental health disorder

38% of **veterans** suffer from at least one mental health disorder

1 out of 3 seek help



Screeners

[BSI®](#)

The efficient Brief Symptom Inventory® instrument provides patient-reported data to support clinical decision-making at intake and during the course of treatment in multiple settings.

[BSI® 18](#)

A shortened form of the BSI instrument, The Brief Symptom Inventory 18 (BSI 18) gathers patient-reported data to measure psychological distress and psychiatric disorders in medical and community populations.

[SCL-90-R®](#)

The Symptom Checklist-90-Revised instrument helps evaluate a broad range of psychological problems and symptoms of psychopathology and is also useful in measuring patient progress or treatment outcomes.

[RBANS® Update](#)

Repeatable Battery for the Assessment of Neuropsychological Status Update screens for TBI and neurocognitive concerns to determine if a more intensive evaluation is needed.

Assessments

[Beck Family of Assessments](#)

The Beck Scales for depression, anxiety, hopelessness and suicide are used to recognize, predict, and treat affective disorders and assess suicide risk.

[MMPI®-3](#)

The Minnesota Multiphasic Personality Inventory, Third Edition provides an empirically validated, psychometrically up-to-date standard of psychological assessment for identifying mental health concerns in a clinical setting.

[QOLI®](#)

The Quality-of-Life Inventory is a psychological assessment of well-being and satisfaction with life that is ideal for assessing precursors and/or risks of compromised "wellness."

Mental health and government resource centers

Looking for more information on how to support the mental health and wellness of your service members and their families? We can help! Visit our [Mental Health Resource Center](#), dedicated [Military and Veteran page](#), or contact us!



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