Blue Star Mothers of America Raises Awareness During National Suicide Prevention Month

Military mothers call for continued awareness, connection and support while reminding Americans that every Veteran life matters.

WASHINGTON, DC, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- During National Suicide Prevention Awareness Month, Blue Star Mothers of America, Inc. is joining communities across the nation in raising awareness of Veteran suicide and reminding service members, Veterans and military families that connection, support and hope can save lives.

> “Every Veteran is more than a number, and every Veteran's life has value. We want every service member and Veteran to know that their story is not over and they matter.”
>
> *Karen Stillwell, National President, Blue Star Mothers of America, Inc.*

For years, the phrase “22 a Day” has helped bring national attention to Veteran suicide. While the phrase remains familiar within Veteran and military communities, current data provides a more accurate picture of the continuing crisis.

According to the U.S. Department of Veterans Affairs' most recent National Veteran Suicide Prevention Annual Report, 6,398 Veterans died by suicide in 2023, an average of 17.5 Veterans each day. That was a slight decrease from 6,442 Veteran suicide deaths in 2022, but each life lost represents a Veteran, a family and a community forever changed.

For Blue Star Mothers, those numbers are deeply personal. They represent someone's son or daughter. Someone's mother or father. Someone's spouse, sibling, friend or fellow service member. And behind every number is a story.

More Than a Number

September is recognized as Suicide Prevention Awareness Month, a time to remember lives lost to suicide, recognize those who have struggled with suicidal thoughts, and acknowledge the families and communities affected by suicide.

Blue Star Mothers of America believes awareness must extend beyond statistics.

Military service can create bonds that last a lifetime, but the transition from military to civilian life can also bring significant changes. Veterans may face challenges involving purpose, connection, relationships, employment, health and adjusting to life after service.

No Veteran should believe they have to face those challenges alone.



Blue Star Mothers of America, Inc. has supported service members, Veterans, military families and families of Fallen Heroes since 1942.

“Every Veteran is more than a number, and every Veteran's life has value,” said Karen Stillwell, National President of Blue Star Mothers of America, Inc. “As military mothers, we know how deeply the lives of our sons and daughters are connected to their families and communities. Suicide prevention begins with caring enough to reach out, listen, stay connected and help someone find support when they need it. We want every service member and Veteran to know that their story is not over and they matter.”

Connection Can Make a Difference

The Department of Veterans Affairs emphasizes that suicide prevention extends beyond clinical care. Families, friends, health care providers, community organizations, employers and others can all play a role in creating environments where Veterans have access to connection, support and hope.

That community approach closely reflects the work Blue Star Mothers have carried out for generations.

Across the country, Blue Star Mothers volunteer with Veterans, visit Veterans Affairs facilities and state veterans homes, send care packages to deployed service members, support military families, participate in community outreach and simply spend time listening to those who have served.

Sometimes support begins with something as simple as asking, “How are you doing?” and then

taking the time to truly listen to the answer.

During Suicide Prevention Awareness Month, Blue Star Mothers of America encourages Americans to check on the Veterans and military families in their lives, learn the warning signs of a crisis, become familiar with available resources and help create communities where asking for support is met with compassion.

Current Data Reinforces the Need for Continued Action

The VA's latest available national data shows progress, but also demonstrates why suicide prevention remains an urgent priority.

Veteran suicide deaths decreased from 6,442 in 2022 to 6,398 in 2023. However, Veterans continued to experience an average of 17.5 suicide deaths each day. The VA also reported that 61 percent of Veterans who died by suicide in 2023 had not received Veterans Health Administration care in the year of or prior year to their death.

That finding underscores the importance of reaching Veterans not only through health care systems, but also through families, friendships, Veteran organizations and local communities.

Suicide prevention belongs to all of us.

Know Where to Turn

Veterans do not have to face a crisis alone. The Veterans Crisis Line provides confidential crisis support 24 hours a day, seven days a week. Veterans and those concerned about a Veteran can call 988 and then press 1, text 838255, or connect through the Veterans Crisis Line online. The service is available whether or not a Veteran is enrolled in VA benefits or health care.

For anyone experiencing a mental health, suicide or substance use crisis, the 988 Suicide & Crisis Lifeline is also available by calling or texting 988.

Awareness Must Continue Beyond September

Blue Star Mothers of America encourages Americans to use September as a starting point rather than an ending point. Check on a Veteran. Invite someone to coffee. Make the phone call. Listen without judgment. Learn about available resources. Stay connected. Remember those whose lives have been lost and surround the families who continue to carry their memory.

Most importantly, remind the Veterans and service members in your life that they matter, their lives have value and asking for help is a sign of strength.

The familiar message of “22 a Day” helped begin an important national conversation. Today's

data may have changed, but the mission has not.

One Veteran lost to suicide is one too many.

About Blue Star Mothers of America, Inc.

Blue Star Mothers of America, Inc. is a national organization founded in 1942 that brings together mothers of children who are serving or have served honorably in the United States Armed Forces.

Through chapters across the country, Blue Star Mothers support service members, Veterans, military families and families of Fallen Heroes through volunteer service, Veteran outreach, care packages, patriotic programs and community involvement.

Blue Star Mothers of America remains committed to ensuring that those who have served our nation know they are remembered, valued and supported.

To learn more about Blue Star Mothers of America or find a chapter, visit Blue Star Mothers of America.

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