

**MEDIA RELEASE**  
**1 December 2016**

## **“Veterans’ Suicide Study a Vital Step Towards Saving Future Lives”, Says Australian Charity Mates4Mates**

An Australian Government initiative to better understand the incidence of defence suicides is a vital step towards saving future lives, according to an Australian not-for-profit organisation that helps injured current and ex-serving men, women and their families.

According to Mates4Mates, preliminary results from a study released by the Australian Government yesterday are critical to understanding and addressing the alarming rate of defence suicide.

“Results point to almost double the suicide rate amongst younger ex-serving men than of Australian men the same age,” said Mates4Mates CEO Simon Sauer.

“The more we can understand the statistics from this DVA study, the better we can collectively focus our efforts on saving future lives,” he said.

The preliminary [findings](#) of the *Australian Institute of Health and Welfare’s (AIHW)* study into veterans’ suicide were released yesterday, with a final report anticipated mid-2017.

“This is a vital step in our battle against suicide amongst current and ex-serving men and women,” said Simon.

“We see firsthand the challenges faced by our defence community, with at least five people saying each week that if not for Mates4Mates they would have committed suicide,” he said.

If you need assistance or support, contact the Veterans and Veterans Families Counselling Service on 1800 011 046. If you would like to find out more about Mates4Mates’ rehabilitation and recovery programs, visit [www.mates4mates.com.au](http://www.mates4mates.com.au).

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