



# In Processing Suicide Prevention Orientation

How suicide prevention “works” here  
at Grafenwoehr East Camp and  
Vilseck South Camp



## Quick Check – What is Fact or Myth?

- Asking someone if they are suicidal will "give" them the idea to kill themselves?
- Most people who attempt suicide give no warning signs at all?
- Most people who attempt suicide are fully intent on dying no matter what?
- Most people who attempt suicide will likely try it again within five years?



# The Truth About “The Stigma”

- In the past - there has been a significantly strong "Stigma" associated with all mental health care - both civilian and military.
- The times are changing in the United States Army! The times have already changed here in Grafenwoehr and Vilseck!!
- Utilization of the mental health care resources or a Chaplain cannot influence your career or your security clearance status.
- Counseling is legally and professionally the equivalent of medical care - in terms of how it is viewed by commanders.



# Personal Responsibilities and Actions

YOU must personally take action - no matter what, no matter when, every single crisis!



# Having an “ACE” Up Your Sleeve at All Times



## **Ask your buddy**

Ask them if they want to kill or hurt themselves

## **Care for your buddy**

Remove any "resources" that could be used for self-injury,  
actively listen

## **Escort your buddy**

Never leave your buddy alone, escort to a helping resource



# Some Warning Signs



**Failed Relationships**

**Suicidal Talk**

**Prolonged Depression** (e.g. unable to sleep)

**Unexplained Final Arrangements**

**Note**

**Dramatic Changes in Behavior**



# Immediate Action Drill

## Who To Call?

- Call 117 (the German equivalent of 911).
- Notify your chaplains, medics, or chain of command.