



ANG Psychological Health Program



Recognizing and Preventing Suicide

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Wing Director of Psychological Health
107th ANG



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- **Suicide facts:**

- *Most suicidal people:* do **not** want to end their biological existence, just the psychological pain and suffering
- *Most suicidal people:* tell others they are thinking about suicide as an option for coping with pain
- *Most suicidal people:* have psychological problems, social problems, and poor methods with coping with pain

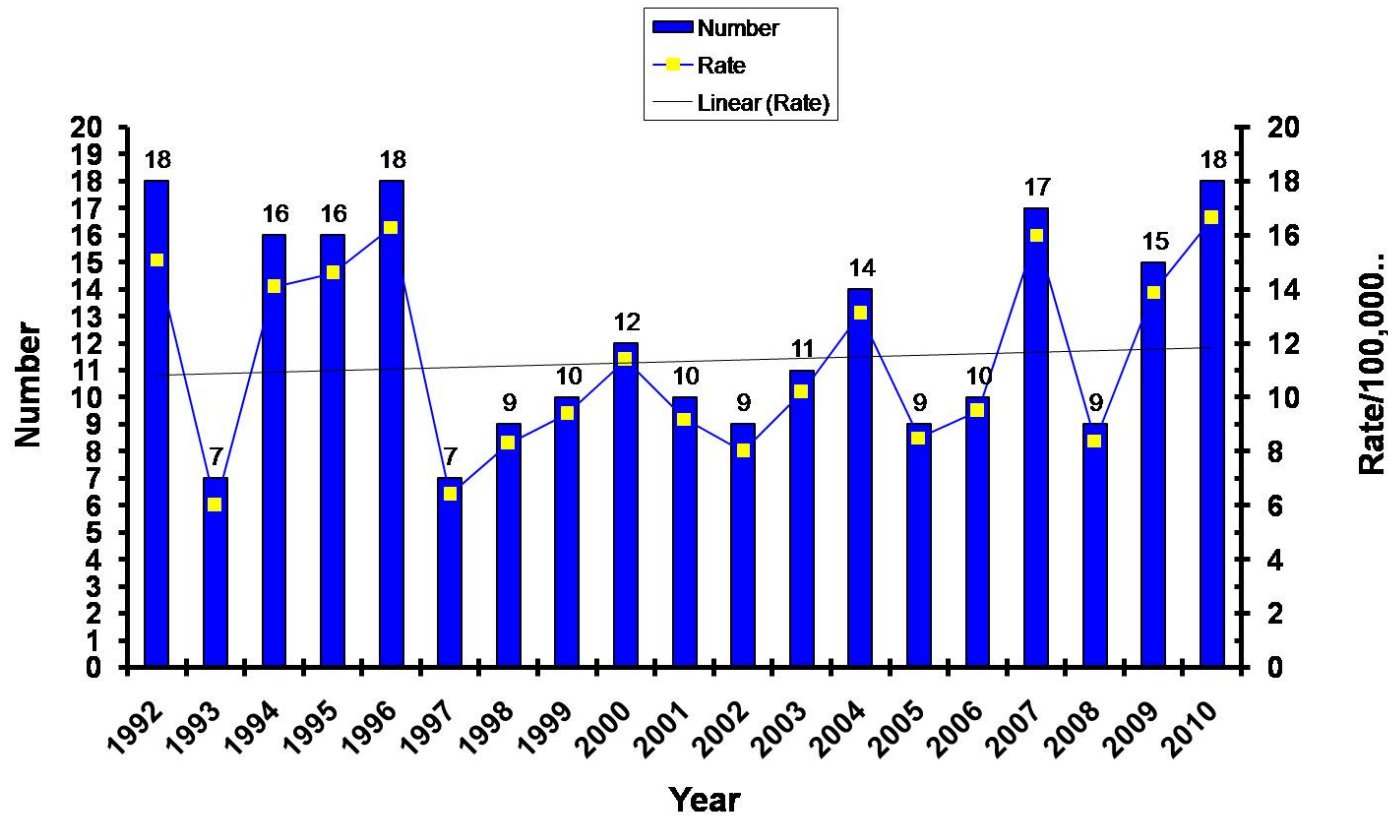
(David A. Jobes, 2006)



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Suicide statistics in the ANG





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Signs and Symptoms

DHHS: SAMHSA, Center for Mental Health Services, National Suicide Prevention

Threat to hurt/kill self	Seeking pills/weapons	Talking/writing about death
Hopelessness	Rage/Anger	Seeking Revenge
Acting reckless or risky actions	Feeling trapped	Increased Alcohol or Drug Abuse
Withdraw from friends/family	Anxiety/Agitation	Dramatic Change in Mood
Difficulty sleeping	Give away possessions	Increase or decrease in spirituality



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Ask the Question

DHHS: SAMHSA, Center for Mental Health Services, National Suicide Prevention

Remain calm	Listen more than talk	Maintain eye contact
Act with Confidence	Do not argue	Use open body language
Limit questions gather info casually	Encouraging comments	Be Honest and "Up Front"



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Validate

DHHS: SAMHSA, Center for Mental Health Services, National Suicide Prevention

- * Show you are following what they are saying**
 - * Accept the situation**
 - * No judgment**
- * Let them know their situation is serious and deserves attention**
 - * Acknowledge feelings**
 - * *You are there to help***



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ANG Suicide Intervention Initiatives

- ACE (Ask, Care, Escort)
 - Key principle is not leaving the individual alone
 - Wallet cards and posters encourage Airmen to embrace Wingman culture and recognize/assist fellow ANG members in distress
 - ANG Units have received allotted ACE cards/posters for entire base population
- Wingman Project (www.wingmanproject.org)
 - Online suicide prevention education and resource site for Airmen and significant others
 - Provides the ability for individual ANG units to format customized ACE materials (i.e., unit or State logo)
 - Provides online ACE and Wingman training
 - Provides local behavioral health and psychosocial services



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Seeking Help

- Self
 - Self-care is essential
 - Exercise
 - Nutrition
 - Rest
 - Learn stress management techniques
 - Talk with others about how you are feeling
- Family and Leadership
 - Be aware of signs and symptoms of stress
 - Don't be afraid to say, "Hey, are you okay?"
 - Get assistance when effects are extreme or of concern



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Whom do I contact for help?

Director of Psychological Health
Airman & Family Readiness
Military Family Life Consultants
VA/Vet Center
Clergy/Chaplain
Commander/Supervisor
Physician
Suicide Hotline

Mobile: 716-534-4209

Office: 716-236-3411

716-862-7350

Office: 716-236-2395

(800-273-TALK)



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