

SUICIDE WARNING SIGNS

Remember IS PATH WARM?

IDEATION

Thoughts of suicide expressed, threatened, written or otherwise hinted at by efforts to find means to suicide, say goodbye or prepare for death.

SUBSTANCE USE

Increased or excessive alcohol or drug use.

PURPOSELESSNESS

Seeing no reason for living or having no sense of meaning or purpose in life.

ANXIETY

Feeling anxious, agitated, frequent nightmares, or unable to sleep (or sleeping all the time).

TRAPPED

Feeling trapped, like there is no way out.

HOPELESSNESS

Feeling hopeless about self, others, the future.

WITHDRAWAL

Withdrawing from family, friends, usual activities, society.

ANGER

Feeling rage or uncontrolled anger, seeking revenge for perceived wrongs.

RECKLESSNESS

Acting without regard for consequences, excessively risky behavior.

MOOD CHANGES

Experiencing dramatic changes in mood. Unstable mood.

From the American Association of Suicidology

Risk Factors

- Previous attempts
- Depression or anxiety
- Stressful situations including relationship, work, legal, financial or health problems
- Transitions (deployment, PCS, discharge)

WHERE TO GO FOR HELP

Suicide Prevention Resources

- Chaplains
- Fleet and Family Support Center
- Chain of Command
- Ombudsman
- School Counselors
- Medical and Mental Health Providers

Navy Suicide Awareness
www.suicide.navy.mil

National Suicide Prevention Lifeline
800-273-TALK
800-273-8255
www.suicidepreventionlifeline.org

Military OneSource
800-342-9647
www.militaryonesource.com

American Red Cross
800-REDCROSS
www.redcross.org

*Give Help a Chance.
Life Counts!*

Suicide Prevention Family trifold
NAVPERS 600002
0500LP1095306



SUICIDE PREVENTION



Navy + Family + Community =
The Team

*We're all in
this together.*



ACT

ASK - CARE - TREAT

Each year, we lose loved ones to an enemy called suicide. Most of these tragedies can be prevented.

People considering suicide are in emotional pain and start to believe that they are a burden to others, are not effective or don't belong.

These ideas reflect distorted thinking. Suicidal people see themselves and their situation very differently than their friends and loved ones see them.

There is very real hope. The suicidal state of mind is most often temporary and reversible with timely assistance.

HOW TO HELP

ASK Be willing to listen

- Stay calm.
- **ASK** the person what is bothering them and persist to overcome any reluctance to talk.
- Don't judge.
- Don't be afraid to **ASK** whether he or she is considering suicide, or if they have a plan in mind. (Asking about suicide does not increase risk – it's the best way to find out if someone is thinking about suicide.)
- Don't act shocked or try to argue.
- Don't be sworn to secrecy.

CARE Take it seriously

Most people give some warning of their suicidal intentions to a friend or family member. All suicide threats and attempts must be taken seriously.

- Let him or her know you **CARE**, that he or she is not alone, that suicidal feelings are temporary, depression can be treated and problems can be solved.
- **Offer hope.**

TREAT Seek professional help

In a crisis:

- Take your friend or loved one to a person or agency specializing in crisis intervention and suicide prevention. It is always OK to take him or her to an emergency room or walk-in clinic.
- Do not leave them alone until help is available.
- Take action. Remove means, such as guns, stockpiled pills, ropes or sharp objects.

Follow up:

- Suicidal individuals are often hesitant to seek help and may avoid it after an initial contact unless there is support for their continuing.
- Recovering from a crisis takes some time and often has ups and downs.

LIFE COUNTS

Depression, anxiety, perfectionism and stress affect how we think and see situations to make them seem hopeless, when there really are solutions and hope.

If you are having thoughts of suicide, your thinking may not be clear and flexible at this moment – it is definitely time to **talk to someone who can help you** to understand alternatives and get some emotional relief until your thinking becomes clearer.

If you lose someone to suicide:

Reach out to family and friends. People may not know what to say, so you may need to start the conversation. It may be hard, but it is very important to maintain contact with others.

Each person grieves at his or her own pace and own way. Be kind to yourself. Eventually, enjoying life again is not a betrayal of the one you lost, but a sign that you have begun to heal.

For more information on survivor support visit www.taps.org

