

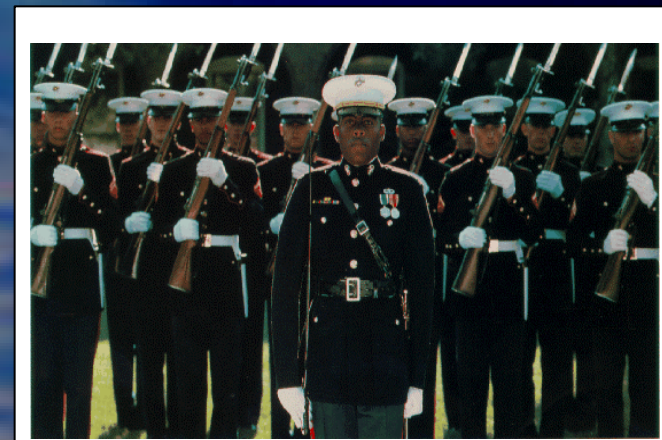
Suicide Prevention:



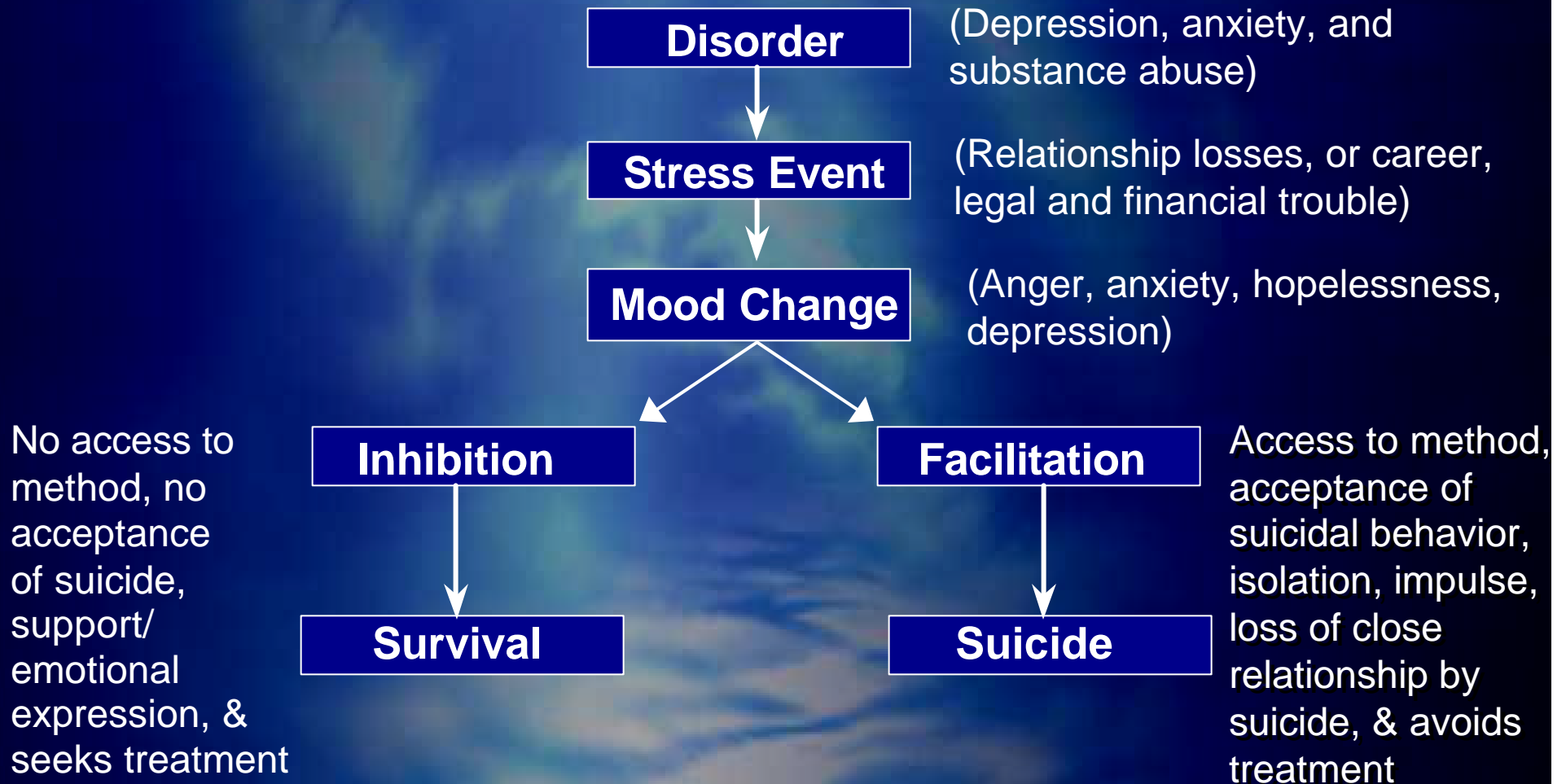
Taking Action- Saving Lives

Suicide: A Serious Public Health Threat

- A National Problem
- A Military Problem
- For over 10 years suicide was the second or third leading cause of death for Navy and Marine Corps



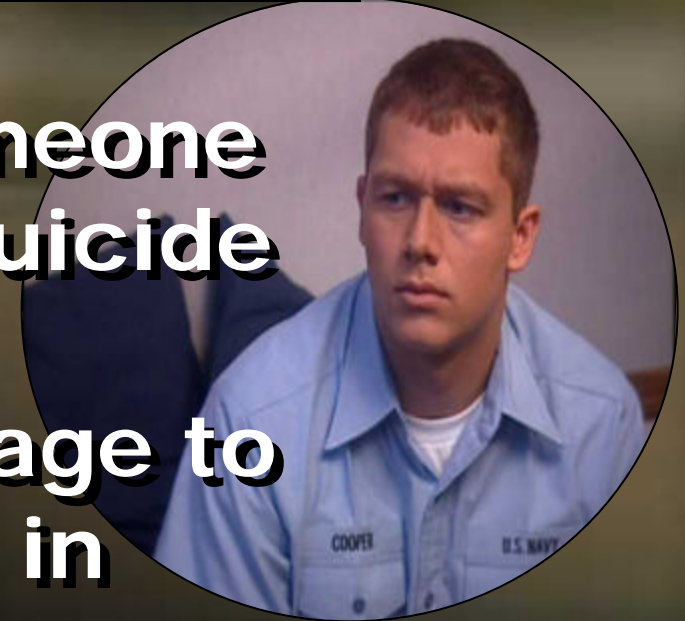
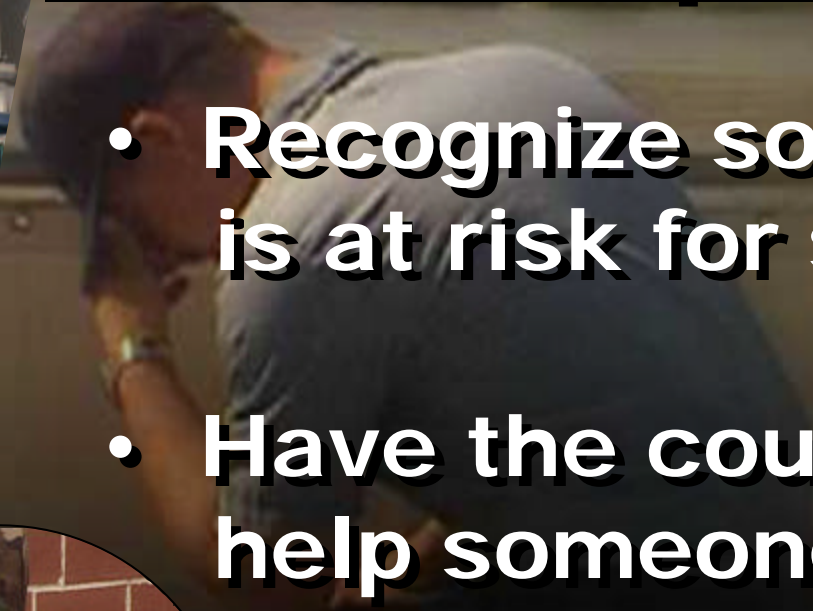
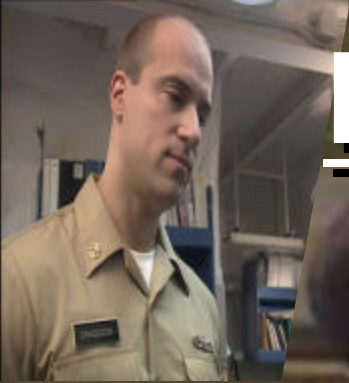
Suicide Model*



*David Shaffer, M.D., Columbia U.

First Responders

- Recognize someone is at risk for suicide
- Have the courage to help someone in need
- First Responders can be anyone



Suicide Prevention Training Objectives

- Describe warning signs of suicide
- Identify protective factors
- Use acronym AID LIFE to recall 7 action steps
- Discuss positive characteristics of FIRST RESPONDERS
- Identify local resources for help and support

About the Video Training

- Navy & Marine Corps Project
- Typical situations
- Warning signs of suicide
- First responders taking action

Discussion Question 1



What common signs of suicide risk were portrayed in the video?

Risk Factors & Common Signs

KEY RISK FACTORS:

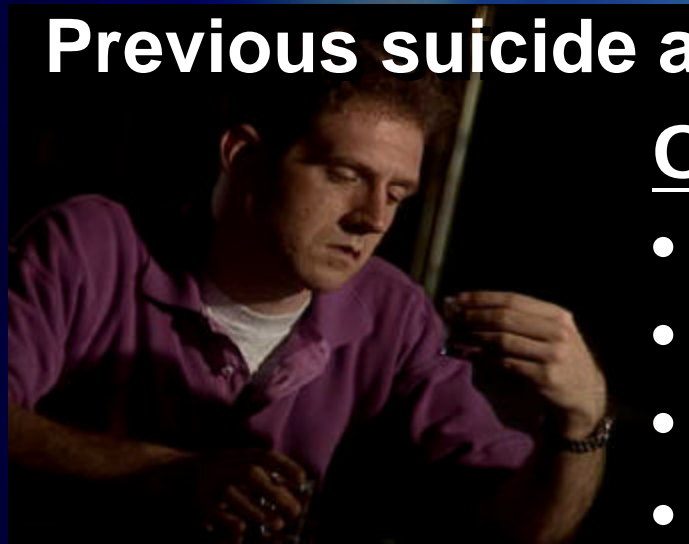
Depression/Substance abuse

Talk or hints of suicide intent

Previous suicide attempt

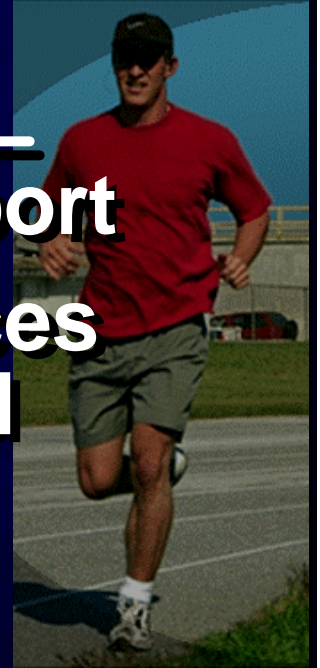
Other Common Signs

- Preoccupation with death
- Giving away possessions
- Relationship difficulties
- Impulsive anger and behavior
- Legal or financial trouble
- Isolation or withdrawal
- Performance difficulties



Strengthen Protective Factors

- Unit cohesion/ camaraderie/ support
- Good access to assistance services
 - early intervention by command
- Healthy lifestyle promotion
- Effective problem-solving skills
- Positive attitude about getting help
- Optimistic outlook
- Spiritual support
- Beliefs counter to suicide
 - support self-preservation



Discussion Question 2

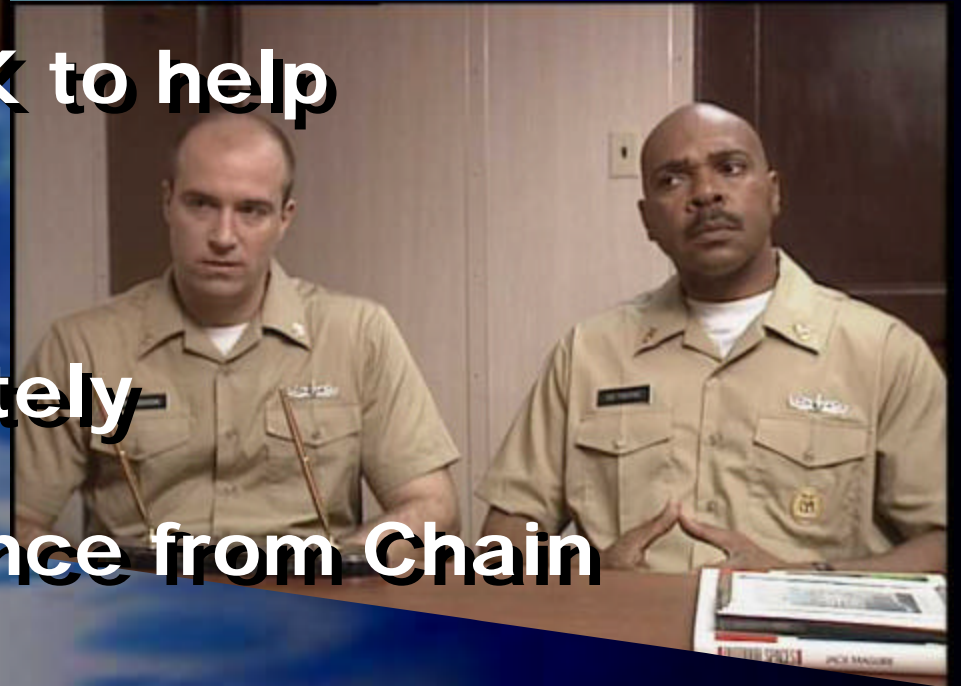


What positive steps did the First Responders take?

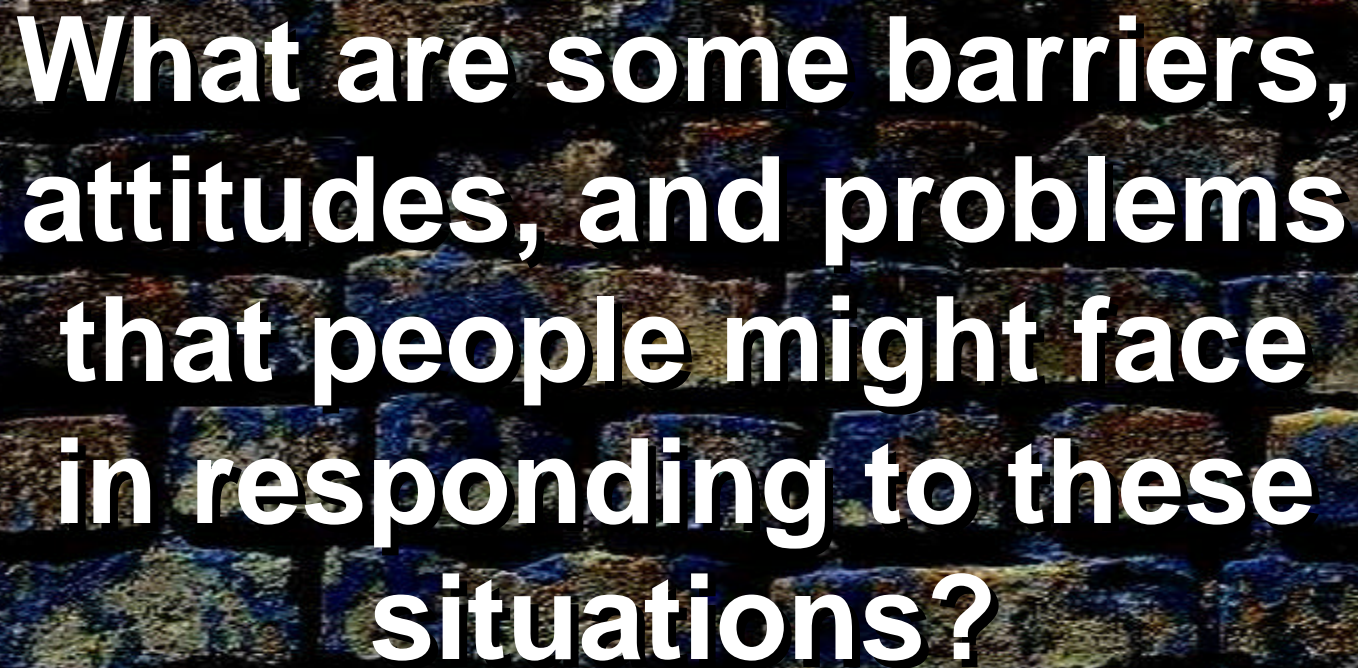
Positive Steps of First Responders



- Took responsibility for taking care of a Shipmate or fellow Marine
- Knew it was OK to help
- Listened
- Acted immediately
- Sought assistance from Chain of Command



Discussion Question 3



What are some barriers, attitudes, and problems that people might face in responding to these situations?

Discussion Question 4

What helping resources did you see in the video?

Possible Local Resources

Family Service Centers

Marine Corps Community Services

Mental Health Services

Medical Services

Chaplains

Marriage and Family Counselors

Substance Abuse Counselors

Financial Advisors



Ask

Intervene Immediately

Don't Keep It a Secret

Locate Help

Inform Chain of Command

Find Someone

Expedite

A person in a green jacket and helmet is rappelling down a red rope over a body of water. The person is holding a rope and looking down. The water is blue and white with ripples. The background is a bright sky.

SUMMARY

- **Warning Signs**
- **Protective Factors**
- **First Responders**
- **Local Resources**
- **AID LIFE**