

# ARMY SUICIDE PREVENTION PROGRAM

EFFECTIVE DATE 15 JAN 2007



## Warning Signs of Suicide

- Failed Relationships
- Legal/Financial/Occupational Problems
- Previous Suicide Attempts
- Suicide Threats
- Alcohol and Drug Abuse
- Statements Revealing a Desire to Die
- Sudden Changes in Behavior
- Prolonged Depression
- Making Final Arrangements
- Giving Away Prized Possessions
- Purchasing a Gun or Stockpiling Pills
- Feelings of Humiliation

## IF YOUR BUDDY SHOWS SOME OF THE SIGNS ABOVE:

\* **Identify the Need: Listen.** "How can I help?"

\* **Ask:** "Are you thinking about suicide?"

\* **Act:** Take to one of the helpers below that fits the need

Buddy: \_\_\_\_\_

1st-Line Leader: \_\_\_\_\_

Chaplain: \_\_\_\_\_

Mental Health: \_\_\_\_\_

Police/Ambulance: 911

Military One Source: 1-800-342-9647

<http://www.militaryonesource.com/skins/MOS/home.aspx>

National Suicide Prevention Lifeline: 1-800-273-8255

## **Additional Resources**

### **Army Suicide Prevention Program**

<http://www.armyg1.army.mil/hr/suicide.asp>

### **U.S. Army Center for Health Promotion and Preventive Medicine**

[http://chppmwww.apgea.army.mil/  
dhpw/readiness/suicide.aspx](http://chppmwww.apgea.army.mil/dhpw/readiness/suicide.aspx)

### **Office Chief of Chaplains**

<http://www.chapnet.army.mil/>

### **Army Families Online**

<http://www.armyfamiliesonline.org/>

### **Army Behavioral Health**

<http://www.behavioralhealth.army.mil/>

### **Battlemind Training**

<http://www.battlemind.org/>

### **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

### **American Association of Suicidology**

<http://www.suicidology.org/>

### **National Hopeline Center**

<http://www.hopeline.com/>



***Everyone Matters!***

