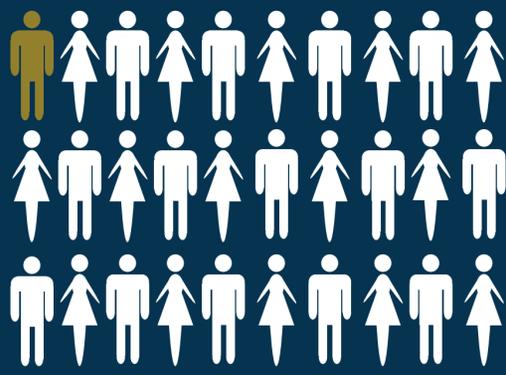


Suicide At A Glance

Suicide (su·i·cide) - Death caused by self-directed injurious behavior with any intent to die as a result of the behavior.

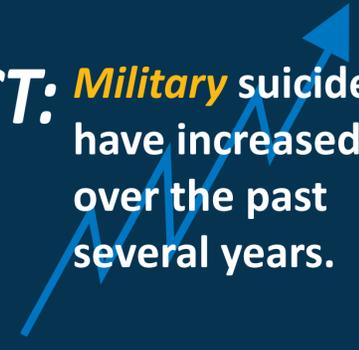
For every **1 Suicide Death**, there are at least **30 Suicide Attempts**.



In 2010 in the U.S.

- 10th leading cause of death in all populations.
- 2nd leading cause of death for the 25-34 age group.
- 3rd leading cause of death for the 15-24 age group.

FACT: *Military* suicides have increased over the past several years.



DID YOU KNOW?

Firearms are the most commonly used method of suicide among males

Suicidal Behaviors: Behaviors related to suicide, including preparatory acts, as well as suicide attempts and deaths.

Suicidal Ideation: Thinking about, considering, or planning for suicide.

Suicide Attempt: A non-fatal self-directed potentially injurious behavior with any intent to die as a result of the behavior. A suicide attempt may or may not result in injury.

Risk Factors: These factors have been found to be associated with suicide and increase the risk of suicidal behaviors. Risk factors DO NOT cause or predict suicide.

History of depression and other mood disorders



Past suicide attempts; Family history of suicide



Alcohol and other substance use disorders



Lack of social support and sense of isolation



Major physical illnesses



Loss of relationship or significant personal loss



Severe, prolonged, or perceived unmanageable stress and/or anxiety

Feeling like a burden to others, helplessness



Easy access to lethal means



History of trauma or abuse



Impulsive and/or aggressive tendencies



Hopelessness



Job, financial, school or legal problems



Life transitions such as retirement, permanent change of station (PCS) or change in job or work duties

A.C.T. NOW

Take all talk about suicide seriously and know the warning signs.

Ask

- Ask if they are thinking of hurting themselves.
- Actively listen.
- Acknowledge their talk, behavior and feelings.



Care

- Listen and let the person know they are not alone.
- Let the individual know you care and understand.
- Discuss and care about what is troubling them.



Treat

- Get help as quickly as possible such as the duty officer, chaplain, friend, medical personnel, or others who can help.
- Do not leave the person alone.



If you or someone you know is in need of immediate assistance:

1. Call the Military Crisis Line at **1-800-273-8255** and press **1**
2. Text the Military Crisis Line at **838255**
3. Chat live online at <http://www.veteranscrisisline.net/ActiveDuty.aspx>.

Additional Resources

1. Military OneSource provides a variety of non-medical counseling services and resources. Contact Military OneSource at 1-800-342-9647 or visit their website at www.militaryonesource.mil.
2. Contact your local Navy Fleet and Family Support Center which can assist you during times of transition or stress.
3. Navy Suicide Prevention Program: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx
4. Marine Suicide Prevention Program: https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health/BH_Community%20Counseling%20and%20Prevention
5. Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Psychological and Emotional Well-Being webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/psychological-emotional-wellbeing.aspx>.

Reasons Sailors and Marines won't seek help:



Protective Factors Against Suicide

Resources and aspects of our lives that promote healthy stress navigation and build resilience. During times of extreme stress or crises, protective factors can counterbalance risks for suicidal behavior.



Biological



Psychological



Social

Sources:

- <http://www.cdc.gov/violenceprevention/pdf/Suicide-DataSheet-a.pdf>
- http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/psychological-emotional-wellbeing/Suicide_Terminology_SP_Webpage.pdf
- <http://www.sprc.org/basics/about-suicide>
- <http://www.sprc.org/sites/sprc.org/files/library/RandPPPrimer.pdf>
- <http://www.suicidepreventionlifeline.org/Learn/RiskFactors>
- <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/overview.pdf>



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE