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

Theory suggests that most suicides follow experience of psychological pain and the person's beliefs that he or she is no longer effective, is a burden to others, or doesn'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.

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 yo**u to understand alternatives and get some emotional relief until your thinking becomes clearer.

GIVE HELP A CHANCE!

LIFE COUNTS!

LIFE COUNTS!

ACT

ASK - CARE - TREAT

ASK ~Don't be afraid to ask

CARE ~Listen, offer hope, don't judge

TREAT ~Take action, get assistance, follow up!

Suicide Prevention Resources

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

Navy Suicide Awareness
www.suicide.navy.mil

Military OneSource
800-784-2433
www.militaryonesource.com

National Hopeline Network
800-SUICIDE
800-784-2433
www.hopeline.com

NAVPERS 0177004
0500LP1082589

You are never alone

Suicide Prevention is an All Hands Evolution

Suicide Warning Signs

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

S SUBSTANCE USE
Increased or excessive alcohol or drug use.

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

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

T TRAPPED
Feeling trapped, like there is no way out.

H HOPELESSNESS
Feeling hopeless about self, others, the future.

W WITHDRAWAL
Withdrawing from family, friends, usual activities, society.

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

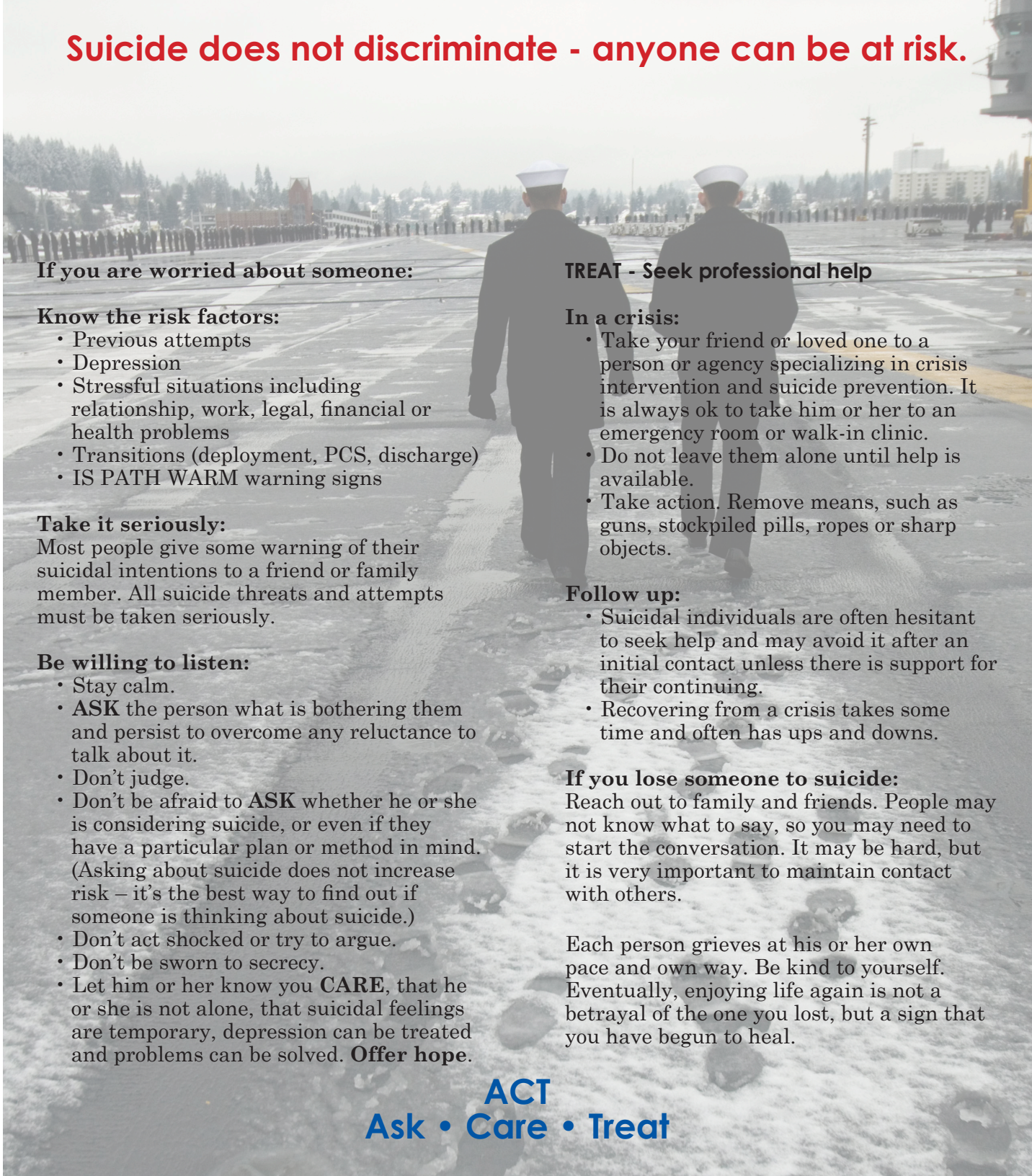
R RECKLESSNESS
Acting without regard for consequences, excessively risky behavior.

M MOOD CHANGES
Experiencing dramatic changes in mood. Unstable mood.

Remember IS PATH WARM?

From the American Association of Suicidology

Suicide does not discriminate - anyone can be at risk.



If you are worried about someone:

Know the risk factors:
- Previous attempts
- Depression
- Stressful situations including relationship, work, legal, financial or health problems
- Transitions (deployment, PCS, discharge)
- IS PATH WARM warning signs

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.

Be willing to listen:
- Stay calm.
- **ASK** the person what is bothering them and persist to overcome any reluctance to talk about it.
- Don't judge.
- Don't be afraid to **ASK** whether he or she is considering suicide, or even if they have a particular plan or method 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.
- 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.

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.

ACT
Ask • Care • Treat