

# ACT NOW!

**A** Ask



**C** Care

**T** Treat & Transport

Ask if they are thinking about Suicide

Acknowledge their talk, behavior and feelings!

Let the individual know you care and understand

Listen and care about what is troubling them

Care if a shipmate has a plan for suicide

Obtain professional help ASAP for Shipmate

Call 911/Medical

Take Person to Emergency Room

Do not leave person alone – NEVER EVER!!!



## Helping Resources

Naval Hospital

Mental Health  
Clinic

Chaplains

Fleet & Family  
Support Center

Marine Corps  
Community Services

Military One Source

1-800-342-9647

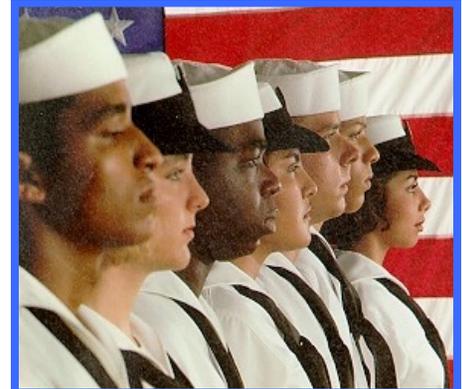
National Help Line

1-800-784-2433

It is okay to get help!  
Life Counts!

# Preventing Suicide

Insert Local  
Information Here



*Suicide Prevention is  
Everyone's' Business!*

ACT NOW!

# ***INFORMATION***

## ***Who Is At Risk? for Suicide***

- Young
- Single
- Male
- Enlisted
- Active Duty
- Family
- Old
- Married
- Female
- Officer
- Reservists
- Friends



# ***TO***



**The second or third leading cause of death in the Marine Corps and the Navy during the past 10 years.**



***It takes all of us to Prevent Suicide!***

# ***KNOW***

## ***Warning Signs Of Suicide!***

- Talk or hints of Suicide
- Depressed/Anxious Mood
- Impulsive Anger
- Substance Misuse or Abuse
- Relationship Difficulties
- Legal Troubles
- Financial Problems
- Performance and Work Difficulties
- Transition Issues
- Isolation and Withdrawal
- Changes in Behaviors

