

SUICIDE PREVENTION PRINCIPLES

- ✦ **Navy suicide prevention programs are designed to enhance and improve protective factors and to reduce, and if possible reverse, risk factors.**
- ✦ **The Navy programs address and promote help-seeking behaviors as the norm by individuals, groups, commands, organizations and society.**
- ✦ **Suicide prevention efforts need to be targeted to the level of risk of the specific population.**
- ✦ **Navy prevention programs are developmentally appropriate, military specific and culturally sensitive.**
- ✦ **Suicide programming needs to be focused and adapted to the specific needs of the local population.**
- ✦ **Prevention is an ongoing process. Navy suicide programs are developed for the long term, with repeated positive messages, prevention strategies and evaluation.**

Adapted from Suicide Prevention Advocacy Network