



SUICIDE RISK FACTORS

The knowledge of risk factors and risky behaviors may assist with the identification and recognition of suicidal thoughts, behaviors and intentions in the Navy. The acronym **SAILOR** describes the behavioral and psychological factors often associated with self-destructive and suicidal behaviors.

Awareness and recognition of these risk factors may help save a shipmate's life!

S - SAD A Sailor who is sad, with feelings of hopelessness, helplessness and worthlessness is at risk.

A - ALCOHOL A sailor's use of and/or addiction to alcohol increases the risk of suicide.

I - ISOLATION Sailors who are alone, isolated and without peer, social and/or religious support may be at higher risk.

L - LOSS Sailors who have experienced a loss of person, place and/or meaningful belonging may be at risk for suicide.

O - ORGANIZED PLAN The Sailor with a specific detailed plan using an available lethal method is at high risk.

R - RATIONAL THINKING LOSS Suicide risk is high for Sailors when judgment and thought processes are impaired.

