If you are having thoughts about hurting yourself,
call a friend NOW, go to the nearest emergency room, **call 911**
or call the National Suicide Prevention Lifeline at
**1-800-273-TALK (8255).**

**People do care!**

# Suicide Signs?
# Get Help *Now*.

Suicide is on the rise throughout all branches of the military. This makes it more important than ever for service members — and their families — to take an active part in each other's lives.

## Be Aware of the Warning Signs
of suicide and know what to do to get help.

If you notice that a fellow Sailor, Marine, Soldier, Airman or a member of your family:

- is more sad than usual
- spends more and more time alone
- has stopped doing things that they liked to do
- makes statements like, "The world would be better off without me," "I wish I were dead," or "I just want to go to sleep and never wake up"

then ask them if they are thinking about hurting themselves. **You will not make them suicidal just by asking**. Either they are already thinking about hurting themselves or they are not. Asking the question just brings to light something they may have on their mind.

If the answer to the question is "yes,"

## Don't Leave the Person Alone.
Someone left alone is more likely to hurt him or herself than someone who has friends and family around them.

**Get Help Now.** Take the person to the nearest emergency room or call 911. Don't brush it off if the person says, "Oh, I was just kidding." Thoughts of suicide are serious.

It is better to spend the night in an emergency room waiting for your friend or family member to see a doctor than to ignore the issue and wonder if the person is safe.

It is not your place to decide whether someone is safe or not, but it is your place to assist them in getting the help they need.

## Notify the Person's Chain of Command.
Use it to get your shipmate the help he or she needs.

Times may seem dark now but **help is available.** And when there is help, there is hope.

**To learn more, see these suicide awareness and prevention websites:**

www-nehc.med.navy.mil/hp/suicide/SPresent.htm

www.save.org/

www.usmc-mccs.org/suicideprevent/

www-nehc.med.navy.mil/hp/suicide/

**EMERGENCY**