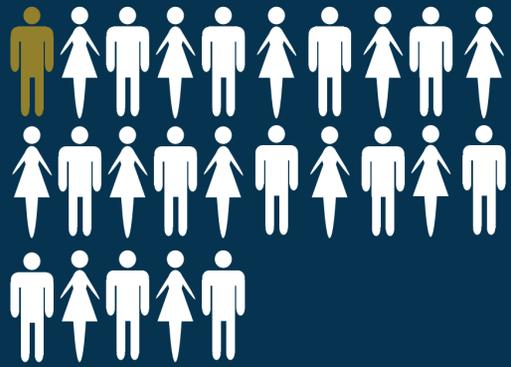


# Suicide At A Glance

**Suicide (su·i·cide)** - Death caused by self-directed injurious behavior with any intent to die as a result of the behavior.

For every **1 Suicide Death**, there are at least **25 Suicide Attempts**.



## In 2013 in the U.S.

- 10th leading cause of death in all populations.
- 2nd leading cause of death for those aged 15-34.
- 4th leading cause of death for those aged 35-44.

**FACT:** *Military* suicides continue to occur—in both the *Active Duty* and *Reserve Components*.

### DID YOU KNOW?

Firearms are the most commonly used method of suicide among males.

**Suicide Related Behavior:** Includes both suicidal ideation and suicide attempt.

**Suicidal Ideation:** Thinking about, considering, or planning for suicide.

**Suicide Attempt:** A non-fatal self-directed potentially injurious behavior with any intent to die as a result of the behavior. A suicide attempt may or may not result in injury.

**Risk Factors:** These factors have been found to be associated with suicide and increase the risk of suicidal behaviors. Risk factors DO NOT cause or predict suicide.

History of depression and other mood disorders



Past suicide attempts; Family history of suicide



Alcohol and other substance use disorders



Lack of social support and sense of isolation



Major physical illnesses



Loss of relationship or significant personal loss



Severe, prolonged, or perceived unmanageable stress and/or anxiety

Feeling like a burden to others, helplessness



Easy access to lethal means



History of trauma or abuse



Impulsive and/or aggressive tendencies



Hopelessness



Job, financial, school, or legal problems



Life transitions such as retirement, permanent change of station (PCS), or change in job or work duties

## A.C.T. NOW

Take all talk about suicide seriously and know the warning signs.

### Ask

- Ask if they are thinking of hurting themselves.
- Actively listen.
- Acknowledge their talk, behavior, and feelings.



### Care

- Listen and let the person know they are not alone.
- Let the individual know you care and understand.
- Discuss and care about what is troubling them.



### Treat

- Get help as quickly as possible such as the duty officer, chaplain, friend, medical personnel, or others who can help.
- Do not leave the person alone.



## Reasons Sailors and Marines may not seek help:



## If you or someone you know is in need of immediate assistance:

1. Call the Military Crisis Line at **1-800-273-8255** and press **1**
2. Text the Military Crisis Line at **838255**
3. Chat live online at <http://www.militarycrisisline.net>
4. Call the Marine Corps DSTRESS Line at **1-877-476-7734**
5. Chat live online at <http://www.dstressline.com>

### Additional Resources

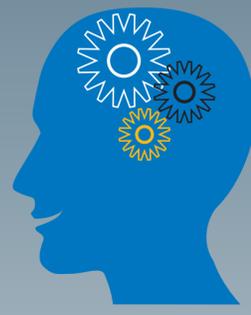
1. Military OneSource provides a variety of non-medical counseling services and resources. Contact Military OneSource at 1-800-342-9647 or visit their website at [www.militaryonesource.mil](http://www.militaryonesource.mil).
2. Contact your local Navy Fleet and Family Support Center which can assist you during times of transition or stress.
3. Navy Suicide Prevention Program: [http://www.npc.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/suicide\\_prevention/Pages/default.aspx](http://www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx)
4. Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Psychological and Emotional Well-Being webpage at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/psychological-emotional-wellbeing.aspx>.

## Protective Factors Against Suicide

Resources and aspects of our lives that promote healthy stress navigation and build resilience. During times of extreme stress or crises, protective factors can counterbalance risks for suicidal behavior.



Biological



Psychological



Social