

## Where to Get Help

Chaplains, corpsmen, healthcare professionals at your MTF or branch health clinic, and your local Fleet and Family Support Center can provide help.

### Military Crisis Line

The Military Crisis Line is a free and confidential resource hotline and crisis line for service members and veterans as well as their family members and friends. Live, confidential support is available regardless of where you are stationed. Call the **Military Crisis Line** at 1-800-273-8255 and press 1, text 838255 or chat live online at <http://www.militarycrisisline.net>.



### Marine Corps DStressline

Marines, Attached Sailors, and Families can access professional, anonymous behavioral health counseling via phone at 1-877-476-7734 or live chat at <http://www.dstressline.com/>. The line is staffed with veteran Marines, former FMF corpsmen, Marine Corps family members, and licensed clinicians with specific training in Marine Corps culture to better meet your needs.

## Suicide Prevention Resources

**For additional information on suicide awareness and prevention resources visit:**

NMCPHC HPW Suicide Prevention Web page at <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx>

Navy Suicide Prevention Program at [http://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/suicide\\_prevention/Pages/default.aspx](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx)

Marine Suicide Prevention Program at [https://www.manpower.usmc.mil/portal/page/portal/M\\_RA\\_HOME/MF/G\\_Behavioral%20Health/BH\\_Community%20Counseling%20and%20Prevention](https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health/BH_Community%20Counseling%20and%20Prevention)

Afterdeployment at <http://afterdeployment.t2.health.mil/topics-suicide-prevention>

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury at [http://www.dcoe.mil/PsychologicalHealth/Suicide\\_Prevention.aspx](http://www.dcoe.mil/PsychologicalHealth/Suicide_Prevention.aspx)

InTransition at <http://intransition.dcoe.mil/>

Real Warriors Campaign at <http://realwarriors.net/taxonomy/term/25>



# SUICIDE AWARENESS AND PREVENTION



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



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Serving in the Navy and Marine Corps is rewarding and a source of honor and pride for Sailors, Marines, and their families. It can also be demanding at times and presents a unique set of challenges for daily living. Recovering from a wound, illness, or injury can add an additional set of demands whether it is managing ongoing symptoms, enduring the rigors of treatment such as the side effects of medication, managing the pain that can occur during rehabilitation, or coping with the general stress of everyday life that can be further complicated during the recovery process. Adjusting to these challenges, both physical and psychological, can affect all facets of life.

### **Examples of the challenges that can occur during recovery include:**

- ▶ Treating and managing the symptoms associated with a wound, illness, or injury such as Post-Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI); being diagnosed with a major illness; or a change in general physical or psychological health status as a result of a wound, illness, or injury.
- ▶ Enduring chronic pain or chronic illness, or managing ongoing symptoms such as insomnia (difficulty falling asleep or staying asleep), headache, or fatigue.
- ▶ Experiencing a life transition such as a change in career or work status as a result of your condition (working in a transitional command; reintegrating into one's command; or transitioning to civilian life).
- ▶ Recently experiencing a relationship change, conflict, or loss such as a divorce or death of a friend or family member, or the threat of such a loss during recovery.
- ▶ Dealing with financial problems, legal issues, administrative challenges, academic challenges, or disciplinary action.
- ▶ Undergoing or perceiving loss (such as the loss of one's health, perceived loss of one's "old self," loss of one's ability to perform/function at a certain level, loss of one's status, or threat of a significant loss).

- ▶ Changes in the family structure including individuals' roles and responsibilities.
- ▶ Perceiving that one's wound, illness, or injury or its effects makes the person a burden to others.
- ▶ Lacking the necessary social and coping skills to manage stress and becoming overwhelmed to the point of distress.
- ▶ Depression, anxiety, frustration, or anger.

There are times that these demands and challenges can create overwhelming distress for an individual. It is important to promote stress management and help-seeking early before stress becomes overwhelming. However, there are times when a person may be in such great distress that they are unable to see another solution to ending their pain other than suicide. Suicide is the deliberate taking or ending of one's own life. A distressed person might start thinking or talking about suicide or may attempt suicide. These signs are an indicator that a person is in crisis and in need of immediate, professional help.

Family members, friends, and fellow shipmates and Marines know each other best and are in a position to notice behavior changes in a peer that indicate they are in crisis. Medical team members and any other individual in contact with a Sailor or Marine are also in a position to identify individuals who may be in crisis and in need of help.

### **Seek professional help if you notice any of the following:**

- ▶ Inability to sleep or sleeping all the time
- ▶ Withdrawing from friends, family, and/or society
- ▶ Increased use of alcohol or drugs, including prescription medications
- ▶ Acting recklessly or engaging in risky activities (e.g. driving recklessly)
- ▶ Rage, anger, seeking revenge

- ▶ Anxiety or agitation; dramatic changes in mood
- ▶ No reason for living or no sense of purpose in life
- ▶ Feeling trapped or as though there is no way out
- ▶ Hopelessness

**Remember** — A person needs immediate help if they show the following signs:

- ▶ Threatens to hurt or kill him/herself, or talks about wanting to hurt or kill him/herself
- ▶ Looks for ways to kill him/herself by seeking access to firearms, available pills, or other means such as a belt or rope
- ▶ Talks or writes about death, dying, or suicide

**Do not leave the person alone. Call 911, seek immediate assistance from a healthcare professional and/or call the Military Crisis Line.**

## **A.C.T.**

### **ASK**

- ▶ Ask if they are thinking about suicide or killing 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 from medical personnel
- ▶ Do not leave the person alone