

Acute Suicide Warning Signs

The mnemonic, IS PATH WARM, was developed to identify those at high risk for suicide. A person needs immediate help if they show the following signs:

- Threatens to hurt or kill him or herself or talks about wanting to hurt or kill him or herself
- Looks for ways to kill him or 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

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



For more information, visit the Health Promotion and Wellness Suicide Prevention page at: www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx

or

Navy Suicide Prevention Program at: www.public.navy.mil/BUPERS-NPC/support/21st_century_sailor/suicide_prevention/Pages/default.aspx

Warning signs information presented as developed by the American Association of Suicidology (AAS) working group (Fall 2003) <http://www.suicidology.org/home>



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



I **DEATION**
Thoughts of suicide expressed, threatened, written, or otherwise hinted at by efforts to find means to suicide

S **UBSTANCE ABUSE**
Increased or excessive alcohol or drug use

P **URPOSELESSNESS**
Seeing no reason for living or having no sense of meaning or purpose in life

A **NXIETY**
Feeling anxious, agitated, or unable to sleep (or sleeping all the time)

T **RAPPED**
Feeling trapped, like there is no way out

H **OPLESSNESS**
Feeling hopeless about self, others, or the future

W **ITHDRAWAL**
Isolating and withdrawing from family, friends, usual activities, or society

A **NGER**
Feeling rage or uncontrolled anger, or seeking revenge for perceived wrongs

R **ECKLESSNESS**
Acting without regard for consequences, or engaging in excessively risky behavior, seemingly without thinking

M **OOD CHANGES**
Experiencing dramatic changes in mood

If you or someone you know is thinking about suicide, visit your local Fleet and Family Support Center, or call the Military Crisis Line or Military OneSource. Chaplains, Corpsmen, and healthcare professionals at your MTF or branch clinic can also provide help.

 **Military
Crisis Line**
1-800-273-8255 **PRESS 1**

**Military
OneSource**

800-342-9647