

## Resources

If you or someone you know is considering suicide, your local Fleet and Family Support Center provides the following services:

- Professional counselors
- Referrals to community organizations
- Referrals to base chaplain
- Crisis intervention services



For more information about these and other services, contact The Center near you or call Navy One Source at (800) 540-4123 within the United States or (800) 540-412-33 if you are stationed outside of the United States.

## Additional Resources

- Navy One Source: [www.navyonesource.com](http://www.navyonesource.com)
- National Suicide Hotline: (800) SUICIDE (784-2433)
- Suicide Awareness Voices of Education (SAVE): [www.save.org](http://www.save.org)
- The American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)
- Suicide Prevention Action Network: [www.spanusa.org](http://www.spanusa.org)
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- Befrienders International: [www.befrienders.org](http://www.befrienders.org)
- Youth Suicide Prevention Information: <http://spyc.sanpedro.com/suicide.htm>
- For Better Times (for those considering suicide): [www.forbettertimes.com](http://www.forbettertimes.com)



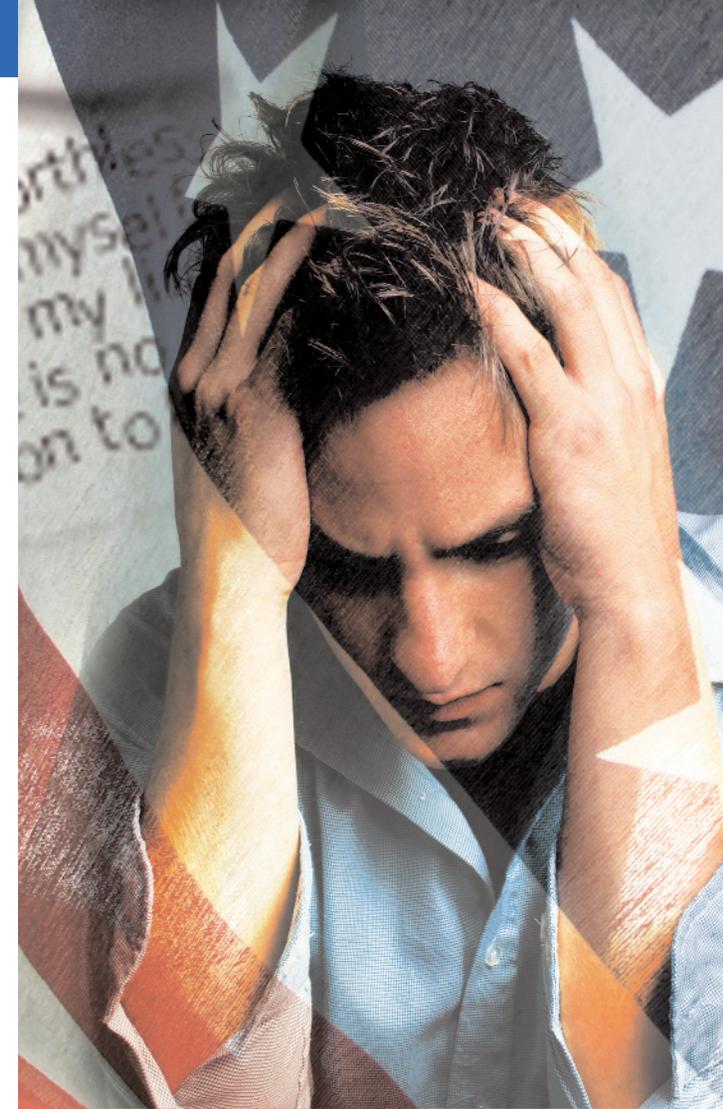
*“When someone knows that another person is going through difficult times, they tend not to speak up because they feel like it’s not their business. If you notice risk factors, don’t keep them a secret.”*

*– Dr. Tony Doran,  
Suicide Prevention Program Manager*



*Meeting Your Needs. At Home. At Sea.*

**SUICIDE PREVENTION...IT IS YOUR BUSINESS!**



**TAKE ACTION!  
SAVE LIVES!**



*Meeting Your Needs. At Home. At Sea.*

## Take Action! Save Lives!

Suicide is one of the top three causes of death in the Navy, according to the Department of the Navy Suicide Incident Report. With more Sailors dying from suicide than in combat, the Navy is taking a community approach to suicide prevention, making everyone aware of the warning signs and responsible for getting help for individuals at-risk.

The Fleet and Family Support Center (FFSC) offers several suicide prevention resources, including referrals to community organizations, referrals to base chaplain and crisis intervention services.

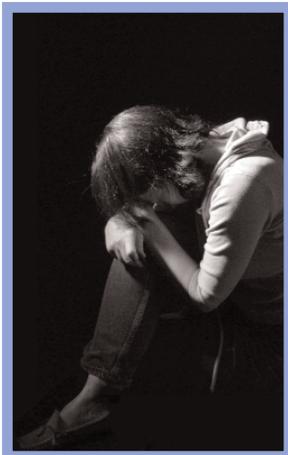
**FACT** – More people die from suicide than from homicide.

**FACT** – A recent study showed that suicide is the 11th leading cause of death for all Americans, and the third leading cause of death for people age 15-24.

**FACT** – Men are four times more likely to die from suicide than are women. However, women are four times more likely to attempt suicide.

**FACT** – For the past 10 years, suicide has been the second or third leading cause of death among active duty Sailors and Marines.

**FACT** – YOU can help reduce the number of men and women the Navy family loses to suicide.



## Why Do People Commit Suicide?



Although there may not be one answer to this question, many health professionals agree that people commit, or attempt to commit, suicide because they are sick. More than 90 percent of people who have committed suicide suffered from significant psychiatric illnesses at the time of their deaths.

A combination of genetic, psychological and environmental factors can cause a depressive illness, which may lead a person to attempt suicide.

Those who attempt suicide or talk about suicidal feelings are not trying to “prove something” or get sympathy. Chronic depression can lead to feelings of hopelessness and desperation. Most people who attempt or commit suicide do not really want to die - they just want their suffering to end.

### Warning Signs

Warning signs that someone you know may be seriously depressed and possibly suicidal should always be taken seriously. Without intervention and treatment, suicidal people may succeed at ending their lives.

Someone you know might be suicidal if he or she:

- Talks about committing suicide
- Has trouble eating or sleeping
- Talks about feelings of worthlessness, self-reproach, or guilt
- Exhibits drastic changes in behavior
- Withdraws from friends and/or social activities
- Loses interest in hobbies, work, school, etc.
- Takes unnecessary risks
- Seems pre-occupied with death and dying
- Loses interest in their personal appearance
- Increases their use of alcohol and drugs
- Has attempted suicide before

## What Can You Do?

**Talk.** Being available to talk in a non-judgmental way to a friend, co-worker or family member who might be suicidal can be the incentive they need to get professional help. Begin a dialogue by asking questions such as:

- “Do you ever feel so badly that you think about suicide?”
- “Do you have a plan?”
- “Do you know when you would do it (today, next week, etc.)?”
- “Do you have access to what you would use?”

Asking these questions will help you to determine whether the person is in immediate danger. Suicidal people should talk to a doctor or psychiatrist immediately. Calling 911 or going to a hospital emergency room are valid options.



**Never keep a plan for suicide a secret.** Don't worry about ruining a friendship or relationship if you believe that someone is suicidal. Call for professional help immediately! It would be better to do something and be wrong, than to have done nothing and lose a friend to suicide.

**Don't try to trivialize the problem or shame a person into changing his/her mind.** Trying to convince someone that their problems aren't really that bad, or that they have “everything to live for” only increases their feelings of hopelessness and guilt. If someone comes to you with thoughts of suicide, reassure them that help is available.

**If the person in question is not in immediate danger, offer to work with him/her to get help.** Work with the person to find doctors and mental health professionals in your area. Sit with them as they make phone calls, and consider going to their first appointment with them. Don't assume that your presence is unwanted or unnecessary. Be persistent in your support; the person in question will thank you in the long run.