

Military Resources

- Naval Hospital/Medical Clinic
- Mental Health/Behavioral Health Clinic
- Fleet and Family Support Centers
- Chaplains
- Military One Source
1-800-342-9647
- National Help Line
1-800-273-TALK (8255)



Suicide Information

American Association of Suicidology
www.suicidology.org

Navy Suicide Prevention
<http://www.npc.navy.mil/CommandSupport/SuicidePrevention>

Navy Leader's Guide
http://www.public.navy.mil/bupers-npc/support/suicide_prevention/command/Pages/NavyLeader%27sGuide.aspx

NMCPHC
<http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx>

USMC
https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health/B_Suicide%20Prevention

Suicide—Facts and Myths

Fact: Of any 10 individuals who kill themselves, 8 have given definite warning signs of their suicidal intentions.

Myth: People who talk about suicide don't commit suicide

Fact: Suicide is neither a rich man's problem nor a problem of the poor. Suicide is very democratic and occurs among all groups.

Myth: Suicide strikes more often among the rich or the poor.

Fact: Most suicidal persons are undecided about living or dying.

Myth: Suicidal individuals are fully intent on dying.



Everyone Matters!

Save a Life Today!

Life Guards on Duty



Navy Marine Corps Suicide Prevention Response Team

Insert Local Command Information Here

LIFE COUNTS!

How to Help:

A

ASK



C

CARE

T

**TRANSPORT &
TREAT**

A

Ask if they are thinking about Suicide

Acknowledge their talk, behavior and feelings!

C

Let the individual know you care and understand

Listen and care about what is troubling them

T

Care if a shipmate has a plan for suicide

Obtain professional help ASAP for Shipmate

Call 911/Medical

Take Person to Emergency Room

Do not leave person alone – NEVER EVER!!!

Suicide Warning Signs

Someone threatening to hurt or kill themselves.

Someone looking for ways to kill themselves— seeking access to pills, weapons, ropes or other lethal means.

Someone talking or writing about suicide, death or dying.



**Be a Life Saver!
Help your friend and buddy
get assistance now!**



More Danger Signs

Hopelessness, powerlessness

Rage, anger, seeking revenge

Acting reckless or engaging in risky activities

Feeling trapped—like there is no way out

Increasing alcohol or drug use

Withdrawing from friends, family and command

Anxiety, agitation, unable to sleep or sleeping all the time

Dramatic changes in mood and behavior

No reason for living, no purpose in life

