Military Resources

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

Suicide Information

American Association of Suicidiology
www.suicidiology.org

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

Navy Leader’s Guide

NMCPHC

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.

Life Guards on Duty

Navy Marine Corps Suicide Prevention Response Team

Everyone Matters!

Save a Life Today!

LIFE COUNTS!
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.

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

How to Help:

**ASK**
- Ask if they are thinking about Suicide

**CARE**
- Acknowledge their talk, behavior and feelings!
- Let the individual know you care and understand
- Listen and care about what is troubling them

**TRANSPORT & TREAT**
- 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!!!