SUICIDE WARNING SIGNS

Remember IS PATH WARM?

IDEATION
Thoughts of suicide expressed, threatened, written or otherwise hinted at by efforts to find means to suicide, say goodbye or prepare for death.

SUBSTANCE USE
Increased or excessive alcohol or drug use.

PURPOSELESSNESS
Seeing no reason for living or having no sense of meaning or purpose in life.

ANXIETY
Feeling anxious, agitated, frequent nightmares, or unable to sleep (or sleeping all the time).

TRAPPED
Feeling trapped, like there is no way out.

HOPELESSNESS
Feeling hopeless about self, others, the future.

WITHDRAWAL
Withdrawing from family, friends, usual activities, society.

ANGER
Feeling rage or uncontrolled anger, seeking revenge for perceived wrongs.

RECKLESSNESS
Acting without regard for consequences, excessively risky behavior.

MOOD CHANGES
Experiencing dramatic changes in mood. Unstable mood.

From the American Association of Suicidology

WHERE TO GO FOR HELP

Suicide Prevention Resources

- Chaplains
- Fleet and Family Support Center
- Chain of Command
- Ombudsman
- School Counselors
- Medical and Mental Health Providers

Navy Suicide Awareness
www.suicide.navy.mil

National Suicide Prevention Lifeline
800-273-TALK
800-273-8255
www.suicidepreventionlifeline.org

Military OneSource
800-342-9647
www.militaryonesource.com

American Red Cross
800-REDCROSS
www.redcross.org

Give Help a Chance.
Life Counts!

Navy + Family + Community = The Team

We’re all in this together.
HOW TO HELP

ASK  Be willing to listen
- Stay calm.
- Ask the person what is bothering them and persist to overcome any reluctance to talk.
- Don’t judge.
- Don’t be afraid to ask whether he or she is considering suicide, or if they have a plan in mind. (Asking about suicide does not increase risk – it’s the best way to find out if someone is thinking about suicide.)
- Don’t act shocked or try to argue.
- Don’t be sworn to secrecy.

CARE  Take it seriously
Most people give some warning of their suicidal intentions to a friend or family member. All suicide threats and attempts must be taken seriously.
- Let him or her know you care, that he or she is not alone, that suicidal feelings are temporary, depression can be treated and problems can be solved.
- Offer hope.

TREAT  Seek professional help
In a crisis:
- Take your friend or loved one to a person or agency specializing in crisis intervention and suicide prevention. It is always OK to ask him or her to an emergency room or walk-in clinic.
- Do not leave them alone until help is available.
- Take action. Remove means, such as guns, stockpiled pills, ropes or sharp objects.

Follow up:
- Suicidal individuals are often hesitant to seek help and may avoid it after an initial contact unless there is support for their continuing.
- Recovering from a crisis takes some time and often has ups and downs.

LIFE COUNTS

Depression, anxiety, perfectionism and stress affect how we think and see situations to make them seem hopeless, when there really are solutions and hope.

If you are having thoughts of suicide, your thinking may not be clear and flexible at this moment – it is definitely time to talk to someone who can help you to understand alternatives and get some emotional relief until your thinking becomes clearer.

If you lose someone to suicide:
Reach out to family and friends. People may not know what to say, so you may need to start the conversation. It may be hard, but it is very important to maintain contact with others.

Each person grieves at his or her own pace and own way. Be kind to yourself. Eventually, enjoying life again is not a betrayal of the one you lost, but a sign that you have begun to heal.

For more information on survivor support visit www.taps.org