Preventing Suicide

Helping Resources

Naval Hospital

Mental Health Clinic

Fleet & Family Support Center

Chaplains

Marine Corps Community Services

Military One Source

1-800-342-9647

National Help Line

1-800-784-2433

It is okay to get help!
Life Counts!

Suicide Prevention is Everyone's Business!

ACT NOW!

Ask

Care

Treat & Transport

- Ask if they are thinking about Suicide
- Acknowledge their talk, behavior and feelings!
- Let the individual know you care and understand
- Listen and care about what is troubling them
- 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!!!
Who Is At Risk for Suicide

- Young
- Single
- Male
- Enlisted
- Active Duty
- Family
- Old
- Married
- Female
- Officer
- Reservists
- Friends

The second or third leading cause of death in the Marine Corps and the Navy during the past 10 years.

Warning Signs Of Suicide!

- Talk or hints of Suicide
- Depressed/Anxious Mood
- Impulsive Anger
- Substance Misuse or Abuse
- Relationship Difficulties
- Legal Troubles
- Financial Problems
- Performance and Work Difficulties
- Transition Issues
- Isolation and Withdrawal
- Changes in Behaviors

It takes all of us to Prevent Suicide!