Suicide: A Serious Public Health Threat

- A National Problem
- A Military Problem
- For over 10 years suicide was the second or third leading cause of death for Navy and Marine Corps
Suicide Model

Disorder (Depression, anxiety, and substance abuse)

Stress Event (Relationship losses, or career, legal and financial trouble)

Mood Change (Anger, anxiety, hopelessness, depression)

Inhibition

Facilitation

Survival

Suicide

No access to method, no acceptance of suicide, support/ emotional expression, & seeks treatment

Access to method, acceptance of suicidal behavior, isolation, impulse, loss of close relationship by suicide, & avoids treatment

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First Responders

- Recognize someone is at risk for suicide
- Have the courage to help someone in need
- First Responders can be anyone
Suicide Prevention Training Objectives

- Describe warning signs of suicide
- Identify protective factors
- Use acronym AID LIFE to recall 7 action steps
- Discuss positive characteristics of FIRST RESPONDERS
- Identify local resources for help and support
About the Video Training

- Navy & Marine Corps Project
- Typical situations
- Warning signs of suicide
- First responders taking action
Discussion Question 1

What common signs of suicide risk were portrayed in the video?
Risk Factors & Common Signs

**KEY RISK FACTORS:**
- Depression/Substance abuse
- Talk or hints of suicide intent
- Previous suicide attempt

**Other Common Signs**
- Preoccupation with death
- Giving away possessions
- Relationship difficulties
- Impulsive anger and behavior
- Legal or financial trouble
- Isolation or withdrawal
- Performance difficulties
Strengthen Protective Factors

- Unit cohesion/ camaraderie/ support
- Good access to assistance services — early intervention by command
- Healthy lifestyle promotion
- Effective problem-solving skills
- Positive attitude about getting help
- Optimistic outlook
- Spiritual support
- Beliefs counter to suicide — support self-preservation
Discussion Question 2

What positive steps did the First Responders take?
Positive Steps of First Responders

- Took responsibility for taking care of a Shipmate or fellow Marine
- Knew it was OK to help
- Listened
- Acted immediately
- Sought assistance from Chain of Command
Discussion Question 3

What are some barriers, attitudes, and problems that people might face in responding to these situations?
Discussion Question 4

What helping resources did you see in the video?
Possible Local Resources

Family Service Centers
Marine Corps Community Services
Mental Health Services
Medical Services
Chaplains
Marriage and Family Counselors
Substance Abuse Counselors
Financial Advisors
Ask
Intervene Immediately
Don't Keep It a Secret
Locate Help
Inform Chain of Command
Find Someone
Expedite
SUMMARY

- Warning Signs
- Protective Factors
- First Responders
- Local Resources
- AID LIFE