



UNITED STATES ARMY RECRUITING COMMAND



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★ COMPASSION ★ PASSION ★ STANDARDS ★ DISCIPLINE ★



Army Suicide Prevention



Shoulder to Shoulder
No Soldier Stands Alone

It is your responsibility to stand by your fellow Soldier.

Prevent suicide. Be willing to help.





Suicide Defined



Suicide is a conscious and deliberate ending of one's own life. It occurs as a result of extreme emotional pain caused by various factors. Individuals who commit suicide often experience personal issues for which suicide is seen as the best or, sometimes the only way out.





Did you know...



- **About 32,000 people in the United States commit suicide each year**
- **Suicide and Homicide are often connected. You could become a victim of violence**
- **Some suicides are a surprise, but it is difficult for most people to completely camouflage all the signs and symptoms of suicidal feelings**
- **The intent to die can override any rational thinking**
- **Asking about suicide does not create suicidal thoughts**
- **Females make more attempts. The ratio is three attempts to one completed suicide**
- **Males make fewer attempts but use more aggressive means**





What causes thoughts of Suicide?



- Grief or resentment over the loss or change in a relationship
- Clinical depression (persistent overwhelming sadness)
- A side effect of a certain medication
- Guilt for some actions or a failure to take action
- Impaired thinking caused by alcohol or substance abuse
- Loss of a loved one person or animal
- Fear, anxiety, worry and self-doubt
- Being away from immediate family
- Being fired or laid-off
- To gain attention (immaturity)
- Anything that the person feels like they cannot overcome





Signs of a depressed or suicidal person



- **Acting outside their normal behavior being late to work or coming in with wrinkled clothes**
- **Loss of appetite**
- **Being withdrawn or separating themselves from family, friends, or peers**
- **Giving away possessions**
- **Talking like they may not be around for certain events in the near future**
- **Expressing no care for the outcome of tasks at home and at work**
- **Expressing thoughts that no one cares about them or would notice if they were gone**
- **Expressing thoughts of hurting themselves**





Built-In defenses against suicide



- **Positive mental attitude**
- **Stress resistance**
- **Personal resilience (the ability to bounce back from a situation)**
- **A set of personal stress-coping skills**
- **Feelings of control**
- **Problem solving skills**
- **Strong positive family relationships and connections**
- **Optimism about life**
- **A belief that its ok to make mistakes**
- **A belief that its ok to ask for help**





What you can do to get help



- **Talk to a buddy or a family member**
- **Talk to your Drill Sergeant or Company Commander**
- **Talk to a Chaplain or a Doctor**
- **Call the Military One Source
800-342-9647**





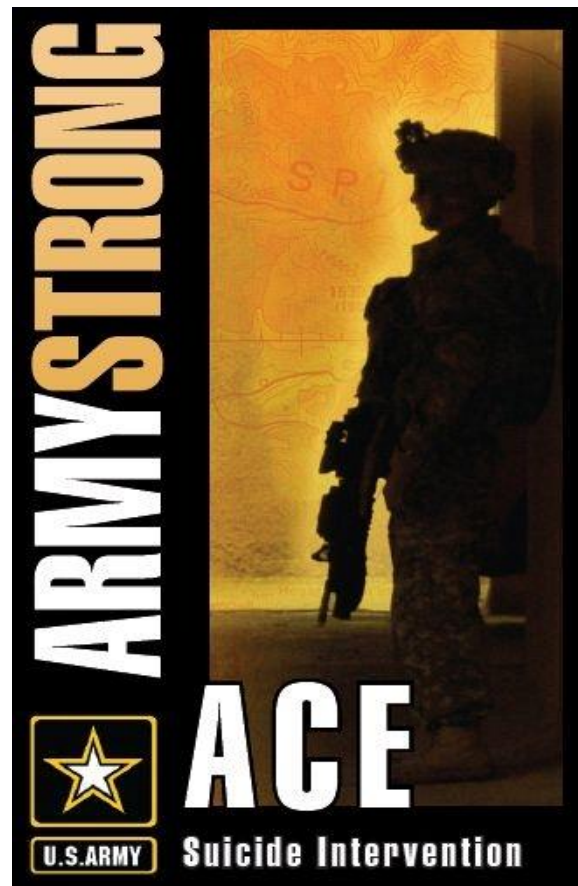
What to do for another soldier or person



Remember ACE

A: Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly: Are you thinking of hurting or killing yourself?
- How long have you been feeling this way?
- Do you plan to hurt yourself?





C: Care for your buddy

Calmly control the situation and do not use force; be safe

Use active listening to show understanding and produce relief

Remove any means that could be use for self injury





E: Escort your buddy

Never leave your buddy alone

**Escort them to the chain of command,
Chaplin, or behavioral health professional**

Call military one source





Questions



1. What acronym covers suicide intervention ?
2. What does ACE stand for ?
3. Should all threats be taken seriously ?
4. Give two signs of a suicidal person





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