

SUICIDE AWARENESS

Chaplain Command



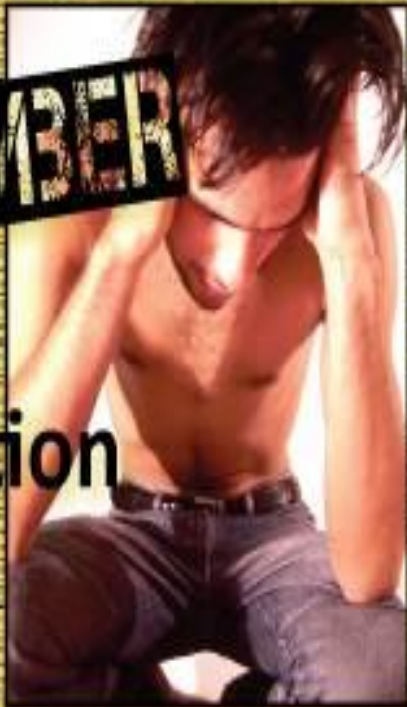
We are troubled on every side, yet not distressed;
we are perplexed, but not in despair;
Persecuted, but not forsaken;
cast down, but not destroyed.

2 Corinthians 4:8-9



SEPTEMBER

Suicide
Prevention
Month



My NAME is #OUTLAW.
I'M AN ACTIVE DUTY US MARINE
INFANTRYMAN.
EACH DAY, 22 US MILITARY VETERANS
COMMIT SUICIDE.
AMERICA, HAS LOST MORE, HERE AT
HOME, BY THEIR OWN HANDS, THAN
IN 13 YEARS OF WAR.
1 - Is 1 TOO MANY.
I AM MY BROTHER'S KEEPER.
#ISTAND4THE22
@22UNTILNONE

Shoulder to Shoulder

NO SOLDIER STANDS ALONE

Prevent suicide. Be willing to help.



It is your responsibility to stand by your fellow Soldier.





PAIN





CHANGE



EMOTIONS



YOU
CARRY
IT
WITH
YOU





LIFE





PRESSURE

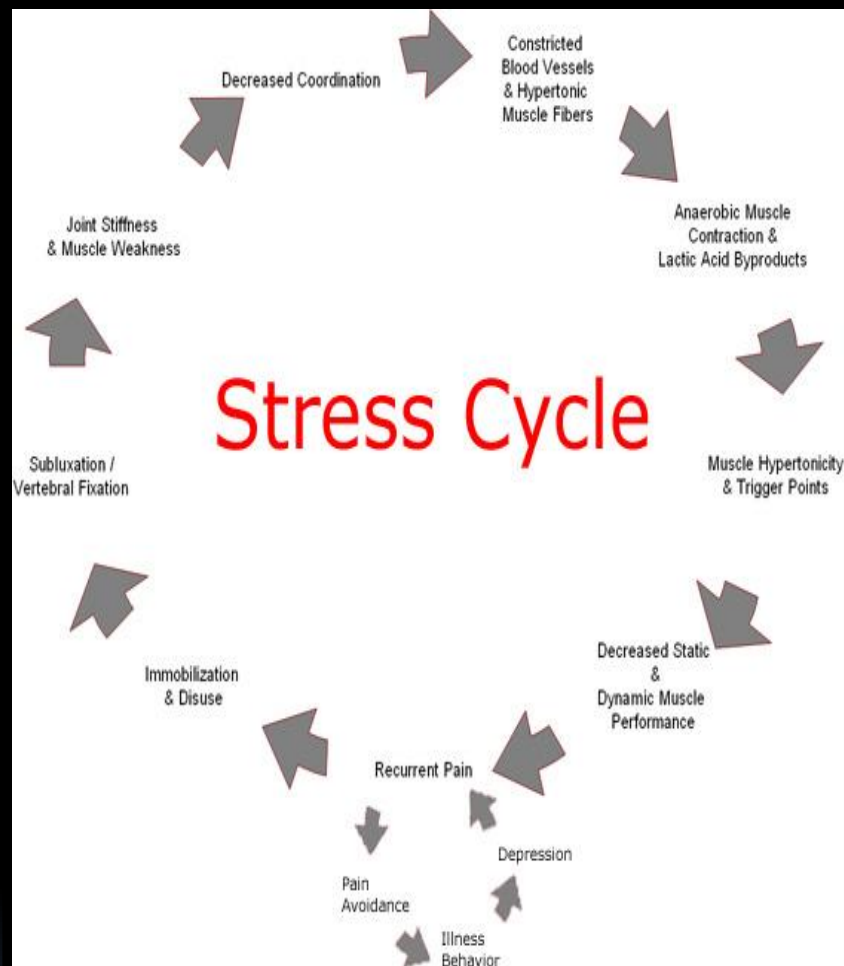




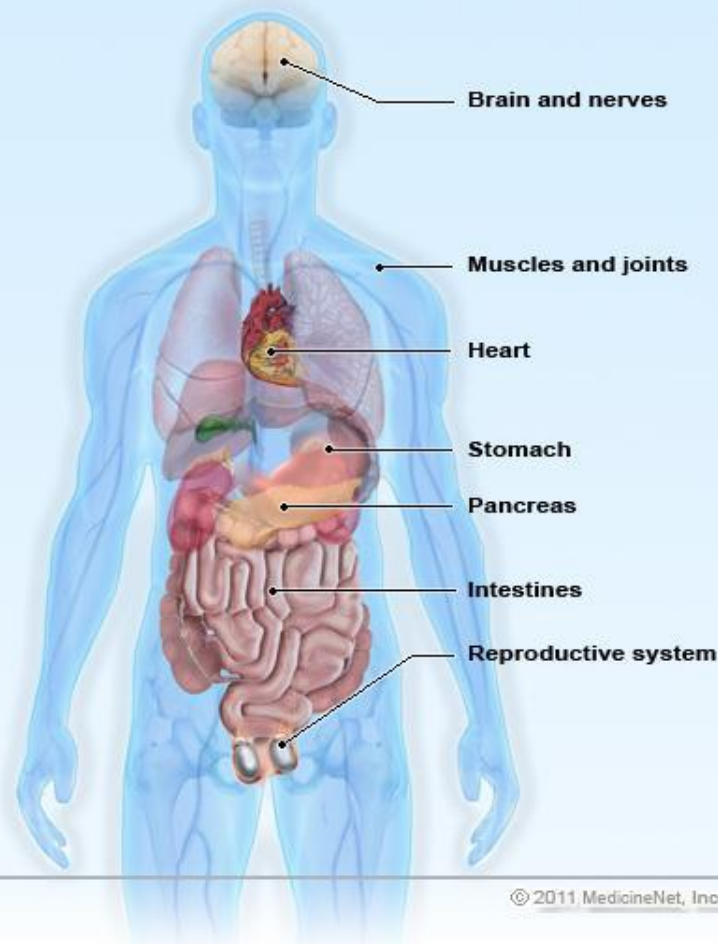
PRESSURE

PRESSURE

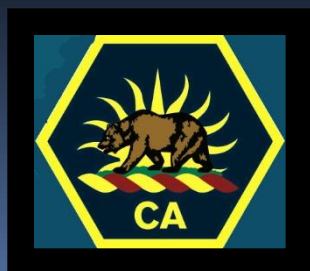




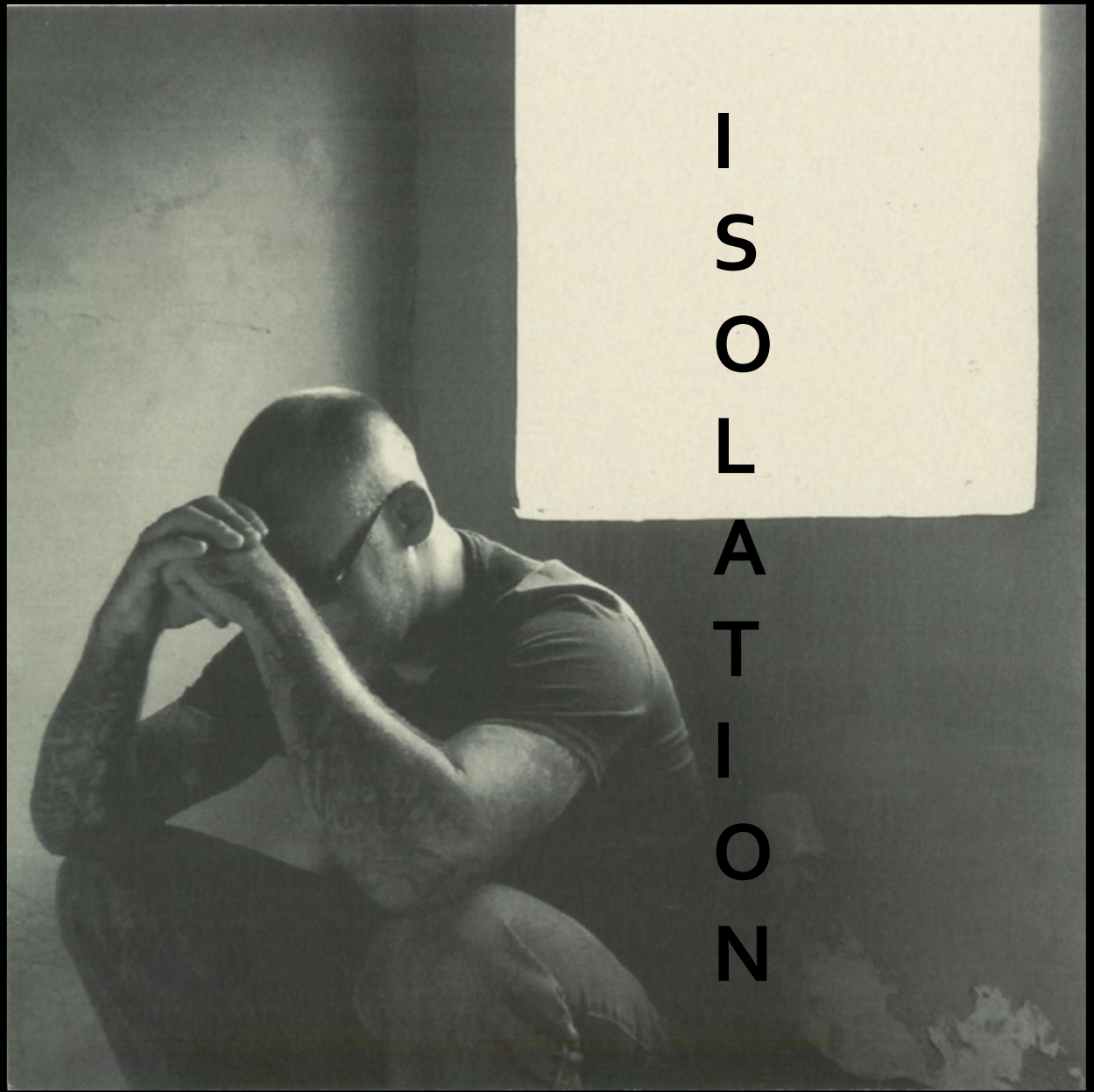
Areas of the body affected by stress



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Take all warning signs seriously, even if the suicidal threat or attempt seems minor. Take any conversation about suicide seriously, even if the person mentions it in a joking manner. Don't be afraid to ask "What is the matter?" or bring up the subject of suicide.



Know The Warning Signs

Talking about suicide

"I wish I hadn't been born" "If I see you again" "I'd be better off dead"

Seeking out lethal means

Trying to get guns, knives, pills, or other object that could be used to commit suicide.

Preoccupation with death

Unusual focus on death and/or violence.

No hope for the future

Feelings of hopelessness, helplessness, or being trapped.

Self-loathing

Feelings of guilt, shame, or worthlessness.

Getting affairs in order

Writing a will, giving away prized possessions.

Saying goodbye

Unusual calls or visits to family members, saying goodbye as if they'll never be seen again.

Self-destructive behavior

Excessive alcohol or drug use, unsafe sex, reckless driving

Withdrawing from others

Desire to be left alone, social isolation.

Sudden sense of calm

Calm or happiness after a period of depression.



Be willing to listen. If a family member, friend, or coworker talks about suicide or wanting to die or disappear, even in a joking manner, the conversation must be taken seriously.

Once you know the person's thoughts on the subject, you may be able to help prevent a suicide. Help the person make arrangements to see a doctor or mental health professional immediately. Since a suicidal person may feel he or she cannot be helped, you may have to take an active role in finding a health professional and getting the person to the appointment.





Remove all guns from the home. Guns are the most common method used. Studies have shown that suicide attempts are more likely to lead to death in homes that have a gun, even if the gun is kept unloaded and securely locked up



heroin-bipolar



I can't live.

Discard all prescription and nonprescription medicines that are not currently being used





DON'T LEAVE THEM ALONE...Help the person identify other potential sources of support from people who care about him or her, such as family, friends, or spiritual adviser.

FOLLOW UP to find out how the person's treatment is going. A suicidal person may be reluctant to seek help and may not continue with treatment after the first visit with a health professional. Your support may help the person decide to continue treatment.





If you are unfamiliar with mental health resources in your area, a doctor, counselor, community mental health agency, local suicide hotline, or the national suicide hotline (1-800-273-TALK or 1-800-273-8255) may be able to help identify a health professional. You can also find information at www.suicidepreventionlifeline.org



Help

ask • listen • tell



ARMYSTRONG

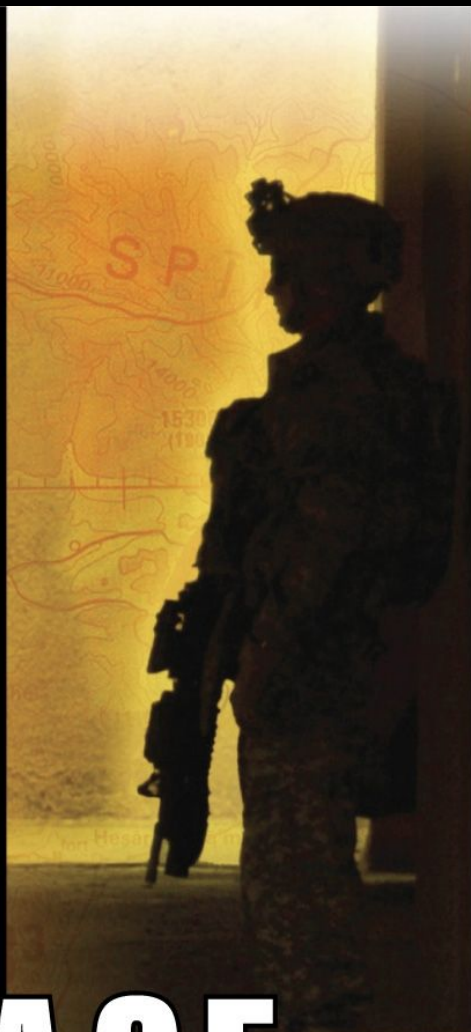


U.S. ARMY

ACE



Suicide Intervention



Ask

Care

Escort

T





I'M WATCHING...

I'M SHOWING...

I'M ASKING...

I'M HELPING!!!

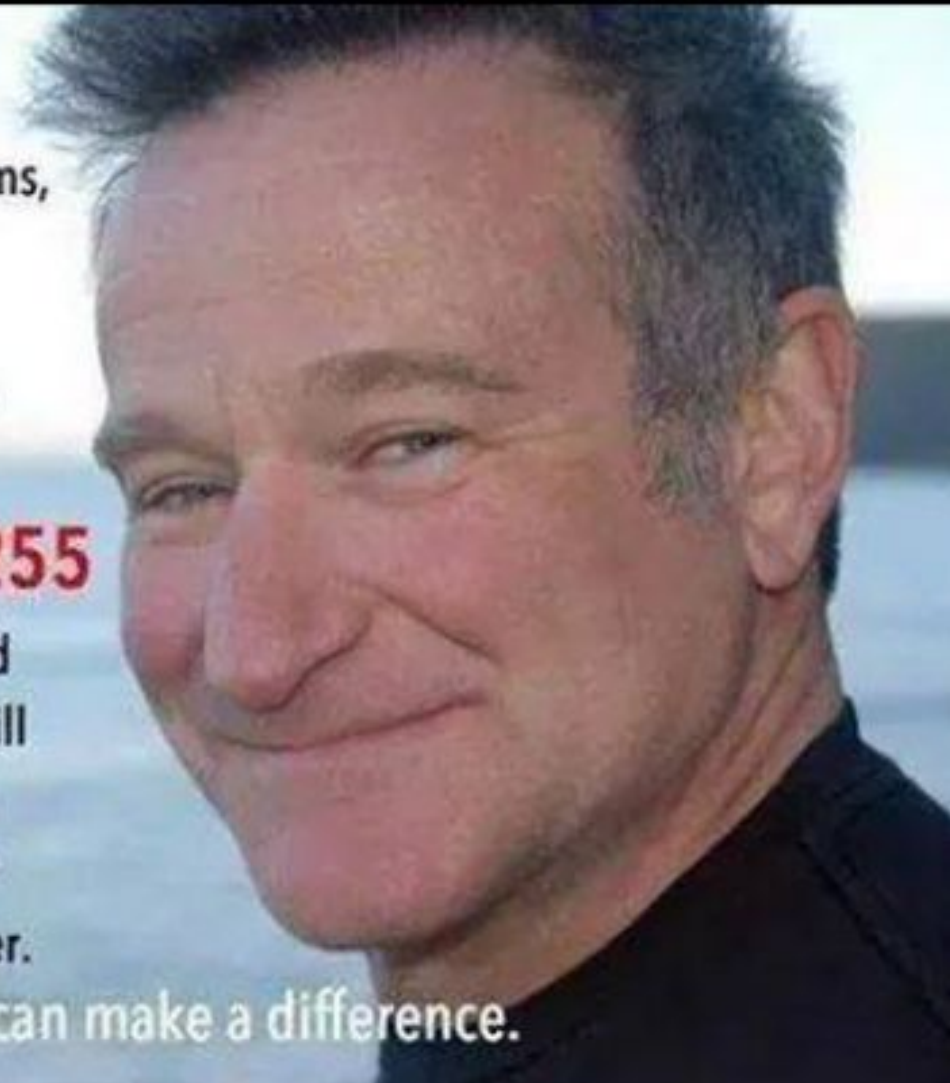


To honor Robin Williams,
please share the
National Suicide
Prevention Lifeline
number:

1-800-273-8255

Your call is free and
confidential, and will
be answered by a
trained counselor
at a local crisis center.

Please share. You can make a difference.



What do you seek -
being right or understanding?
being heard or hearing?
being loved or loving?

if you seek the one, you will not find the other.
if you seek the other, you will find them both.

