

SUICIDE PREVENTION TOOLS FOR WARRIORS

The stresses of military life—whether deployments, training or time away from family—can cause emotional and psychological health concerns.

Talking to your health care provider when problems first develop can help avoid a crisis, but sometimes concerns escalate and can increase the risk of suicide.

If you feel overwhelmed, remember that you aren't alone. Help is available and treatment works. Knowing the signs of crisis and getting help now can save you or someone you know.



SIGNS OF CRISIS CHECKLIST

The following are signs that could indicate that you or someone you know is in crisis. Some signs are external behaviors you can see. Others are internal thoughts and emotions. If any of the below signs applies to you or someone you know, *reach out for help now*.

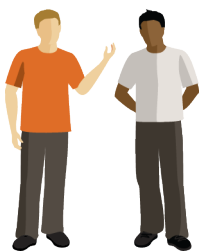
Warning Signs

- ☐ Calls or visits friends or family as if to say goodbye
- ☐ Suddenly switches from being sad to being very calm or happy, as if everything will be okay
- ☐ Misuses alcohol or drugs
- ☐ Seeks firearms, pills or other dangerous items for self-harm
- ☐ Acts violently toward self or others
- ☐ Appears sad or depressed
- ☐ Has self-inflicted cuts, burns or other injuries
- ☐ Engages in risky activities or reckless behaviors
- ☐ Seems anxious or agitated
- ☐ Gives away prized possessions
- ☐ Talks about suicide or death casually (e.g. "I just want to go to sleep and never wake up")
- ☐ Sleeps too much or barely at all
- ☐ Withdraws socially
- ☐ Neglects appearance or household

Risk factors for suicide can include personal characteristics, experiences or circumstances that may increase the likelihood of suicide related behavior. This includes loss of a fellow warrior, friend or loved one; trouble sleeping; facing disciplinary or legal action; health, financial or relationship problems; feelings of failure; difficulties at work; and personal or family history of suicide.

HELPING SOMEONE IN CRISIS

These three simple acts can save the life of a warrior.



ASK

Are they considering suicide?



LISTEN

Hear their concerns.
Tell them they aren't alone.



GET HELP

Don't leave them alone. Take them to the nearest leader, chaplain, health care provider or call the Military Crisis Line. Call 911 in an emergency.

GETTING HELP NOW

If you or someone you know shows signs of a crisis, get help right away.

24/7 confidential support is only a call away. Contact the Military Crisis Line:

Call: 800-273-8255, Press 1

Text: 838255

Chat: militarycrisisline.net/chat

For emergencies:

Call 911

Go to the nearest hospital or Military Treatment Facility

To promote recovery after a crisis, consider talking to your primary health care provider. He or she will help you develop a treatment plan to keep you fit.

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

realwarriors.net

facebook.com/realwarriors

twitter.com/realwarriors

MHS Military Health System
health.mil

For sources visit realwarriors.net/sources.