

# SUICIDE PREVENTION TOOLS FOR WARRIOR

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

Talking to your mental health care provider when problems arise can help prevent crisis, but sometimes issues 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 signs below apply to you or someone you know, *reach out for help now*.

### Warning Signs

- Calls or visits friends or family as if to say goodbye
- Seeks firearms, pills or other dangerous items for self-harm
- Has self-inflicted cuts, burns or other injuries
- Gives away prized possessions
- Extreme emotional changes from being sad to very calm and happy
- Acts violently toward self or others
- Engages in risky activities or reckless behaviors
- Talks about suicide or death casually (e.g. "I just want to go to sleep and never wake up")
- Misuses alcohol or drugs
- Appears sad or depressed
- Seems anxious or agitated
- 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 an emergency department or call 911. If you are unsure, consult with a mental health care provider, chaplain or commanding officer.

## 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: 988 then press 1

Text: 838255

Chat: [militarycrisisline.net](http://militarycrisisline.net)

Visit: [militarycrisisline.net](http://militarycrisisline.net)

for OCONUS calling options

**For emergencies:**

Call 911

Go to the nearest hospital or Military Treatment Facility

**Connect with Us on Social Media:**

@realwarriors

@realwarriorscampaign

REAL WARRIOR • REAL BATTLES

**REAL STRENGTH**

[health.mil/RealWarriors](http://health.mil/RealWarriors)