



1 SMALL ACT



RESOURCES

SAIL: SAILOR ASSISTANCE & INTERCEPT FOR LIFE

SAIL Program Changes **STRENGTHEN COMMUNICATIONS**

Suicide prevention is an all-hands effort that requires ongoing efforts to promote health and a sense of community. The Sailor Assistance and Intercept for Life program (SAIL) is a program that quickly provides Sailors needed connection and support during the stressful period after a suicide-related behavior.

Per to NAVADMIN 021/21, the Navy has adjusted procedures for the SAIL program—now requiring Commanding Officers to take a more proactive approach to ensure Sailors at risk for suicide establish communication with SAIL Program case managers.

Effective March 1, 2021, SAIL procedures require Commanding Officers to instruct and verify that the Sailors who have experienced a suicide-related behavior (SRB) have contacted the SAIL case manager at the nearest Fleet and Family Service Center to ensure that no Sailor falls through the cracks. SAIL case managers continue to have difficulty contacting Sailors referred to the program. This minor change in policy strengthens communication between Sailors and SAIL case managers by involving both in the initial contact process. After the Sailor is contacted, participation in the SAIL program remains voluntary, but leaders are encouraged to take an active role in seeing that Sailors get the help and resources they need.

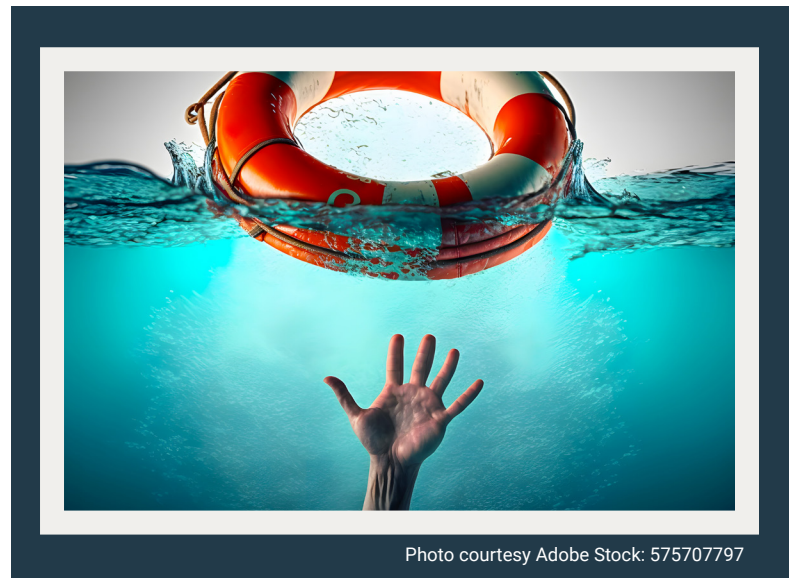


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Extensive research has shown that caring contacts programs are effective in the vulnerable days following a suicide-related behavior—***allowing time for people to choose safety.***



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Extensive research has shown that caring contacts programs are effective in the vulnerable days following a suicide-related behavior—allowing time for people to choose safety. SAIL is not a replacement for mental health treatment.

Rather, SAIL is a support network to assist the Sailor in navigating support services throughout their recovery process. In order to adapt to the COVID-19 environment, SAIL Case Managers are providing caring contacts both via telephonic contacts and face-to-face, in-person contacts. Now more than ever, commands and Suicide Prevention Coordinators (SPCs) must continue to submit SAIL referrals following instances of suicide-related behaviors.

For more information on SAIL, Suicide Prevention Program Managers (SPPMs) may contact Mr. Vic Gooden at victor.gooden@navy.mil or **901-874-4220**.



WHERE TO GET HELP:

- Your local Navy chaplain, Fleet and Family Support Center (FFSC) or medical
- **988 Suicide & Crisis Lifeline:**
 - Call: 988, press 1
 - Text: 838255
- **Chat online:** <https://988lifeline.org/chat/>
- Military OneSource: call (800) 342 9647 or visit www.militaryonesource.mil
- Sailor Assistance and Intercept for Life (SAIL)
- Crisis Text Line: text 741741

For access to more resources:



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