

Are you or someone you know on a path to suicide?

Know the

WARNING SIGNS!

	I	Ideation	Thoughts of suicide (expressed, threatened, written).
	S	Substance Abuse	Increased or excessive alcohol or drug use.
	P	Purposelessness	Seeing no reason for living, having no sense of meaning or purpose in life.
	A	Anxiety	Anxiousness, agitation, nightmares, inability to sleep or excessive sleeping.
	T	Trapped	Feeling as though there is no way out of current circumstances.
	H	Hopelessness	Feeling hopeless about oneself, others or the future.
	W	Withdrawal	Isolating from friends, family, usual activities, society.
	A	Anger	Feelings of rage or uncontrollable anger, seeking revenge for perceived wrongs.
	R	Recklessness	Acting without regard for consequences, excessively risky behavior.
	M	Mood Change	Dramatic changes in mood, unstable mood.

What to do:

ASK

Ask your shipmate questions that will help you get help: "Are you thinking about killing yourself? Do you have a plan to kill yourself?"

CARE

Tell your shipmate that you are concerned about him or her. Without judgment, express why you're concerned. They may not show it, but they likely appreciate that someone cared enough to say something.

TREAT

Take your shipmate to get help immediately by seeking a Navy chaplain, medical professional or trusted leader. Call 911 if danger is imminent.

You don't have to see every sign to ACT.

Help is always available through the Military Crisis Line.
Call 1-800-273-TALK (press 1), text 838255 or visit
www.militarycrisisline.net

**1Small
FACT** 

#BeThere for Every Sailor, Every Day.

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