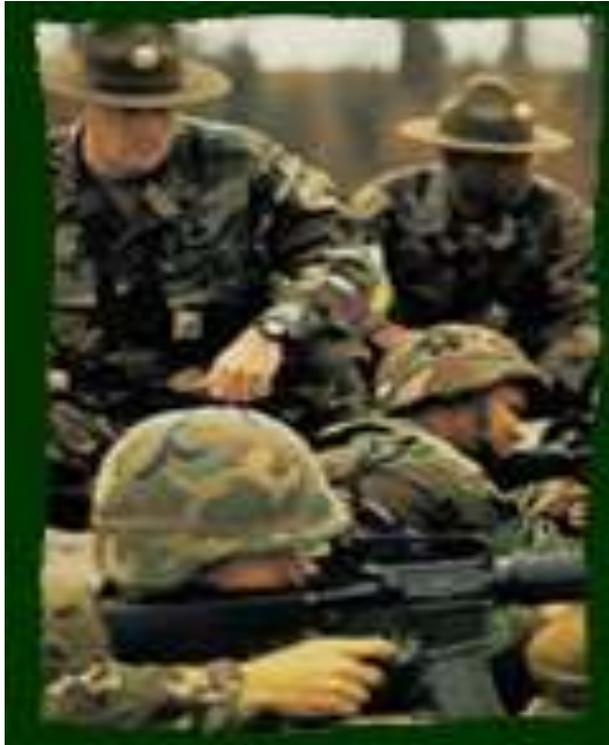


# A BATTLE BUDDY'S Guide to Suicide Prevention



# SUICIDE STATISTICS

- 30,000 Americans kill themselves every year
- An estimated 600,000 Americans receive emergency care after attempting suicide every year
- Depression is linked to many suicides
- Soldiers are at risk for suicide with approximately 18+ in every 100,000 Soldiers dying by suicide



# A BATTLE BUDDY'S Guide to Suicide Prevention

## Tips when life presents a challenge

- Remember that we control our feelings by controlling our thoughts and actions



- What we think about becomes our reality
- Letting go of the need to control others helps us focus on our goals in life
- Talking to someone instead of handling it by bottling it up is a positive step
- When a friend has problem, listening is the language of caring
- Chose happiness now in spite of difficulties - THE PAST IS PAST

# A BATTLE BUDDY'S

## Guide to Suicide Prevention

- A Battle Buddy keeps their fellow Soldier out of harm's way
- A Battle Buddy cares enough to listen
- A Battle Buddy may be able to identify

Possible suicide risk factors and in reporting them can **SAVE A LIFE**



# A BATTLE BUDDY

## Guide to Suicide Prevention

You can make a difference



HELPLESS

—

HOPELESS

—

OVERWHELMED



People who commit suicide almost always talk about it or give verbal or behavioral clues.

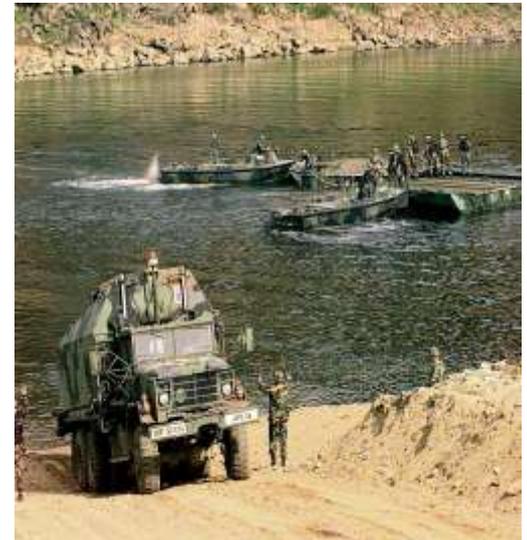
# **A BATTLE BUDDY'S Guide to Suicide Prevention**

**Why? Why? Why? Why?**

**Researchers indicate depression  
and other related illness may  
be a significant factor**

- o Sadness**
- o Failure**
- o Dissatisfaction**
- o Guilt**
- o Self-disgust**
- o Feeling unattractive**
- o Sleep disturbance**
- o Substance Abuse**

- o Hopeless**
- o Self-blame**
- o Wanting to die**
- o Irritability / anger**
- o Loss of interest in others**
- o Indecisive**
- o Poor appetite**
- o PTSD/anxiety**



# A BATTLE BUDDY'S Guide to Suicide Prevention

Verbal Warnings: are a way of saying – SAVE ME FROM MYSELF and must be reported.

“I can't take this \*\*\*\*” !

“I'll just shoot myself”

“Who cares anyway?”

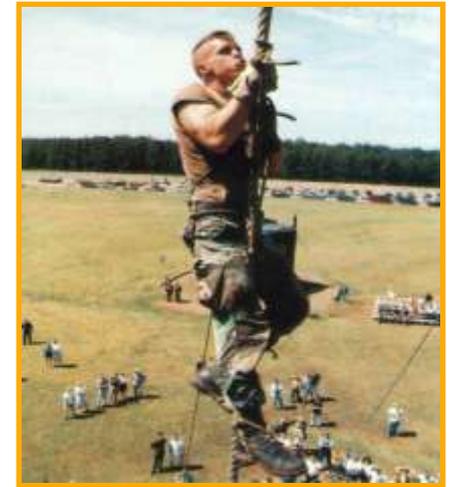
“I wish I would just not wake up”

“I don't feel like living after she left me”

“I can't stand the pain”

“I'll show them.”

“There is no way out of this mess.”



# A BATTLE BUDDY

## Guide to Suicide Prevention

### SUICIDE WARNING CLUES

- Relationship problems
- Substance abuse
- Exaggerated fears – anxiety –depression
- Anger or moodiness
- Writing or talking about death
- Withdrawal / isolation
- Impulsive, dangerous actions
- Perceived loss of military career
- Late or absent to formation
- Sudden purchase of firearms



# A BATTLE BUDDY'S Guide to Suicide Prevention

## EVENTS THAT MIGHT PUT A PERSON AT RISK:

- Death of a friend or loved one
- Divorce / or breakup
- Deployment / PTSD
- Arrest / AWOL
- Serious illness of loved one
- Trouble at work, perceived loss of rank or career, trouble with a relationship



# A BATTLE BUDDY

## Guide to Suicide Prevention

You can make a difference

- Urge to commit suicide usually only lasts for a brief time from a few minutes to a month
- Threats of killing one's self is usually a cry for help and may be hidden in a joking manner



# A BATTLE BUDDY

## Guide to Suicide Prevention

### You can make a difference

Asking the person if they are considering suicide is a step toward getting them help.

- Are you thinking about killing or hurting yourself?
- I wonder if you are about suicide?



# A BATTLE BUDDY

## Guide to Suicide Prevention

You can make a difference

- Being a non-judgmental friend
- Listening
- Asking if the person is thinking of Suicide
- Getting help
- Staying with the person until help arrives



# A BATTLE BUDDY

## Guide to Suicide Prevention

### You can make a difference

#### Get help for your buddy

- Ask if they will go with you to get help and promise not to kill themselves
- Contact someone in the chain of Command, Chaplain or other helping professional.
- Do not leave your buddy alone until they get help from Command or helping



less  
of  
professional.

# A BATTLE BUDDY

## Guide to Suicide Prevention

You can make a difference

### Referral options

- Chain of Command
- Chaplain
- Department of Behavioral Health



# A BATTLE BUDDY

## Guide to Suicide Prevention

### You can make a difference

- Suicide is the most preventable form of death in the Army
- Because we depend on our Soldiers – The duty of the Battle Buddy is real and urgent
- As a Battle Buddy, you are in a position to notice early warning clues.
- Remember, your actions show you care and may make a difference.

The Secretary of the Army, Pete Geren recently announced partnering with the National Institute of Mental Health to conduct a five year, 50 million dollar study to identify suicide risk factors.

# A BATTLE BUDDY

## Guide to Suicide Prevention

### Fort Benning, Georgia

- **DURING DUTY HOURS**
  - (0800 – 1700)
  - UNIT CHAPLAINS
- Department of Behavioral Health - (706) 544-3590 / 544-2273
- Army Substance Abuse Program (ASAP) - (706) 545-1138 / 545-4415
  - Emergency - 911
- **AFTER DUTY HOURS**
  - (1701 – 0759)
- Emergency Room, MACH - (706) 544-1502
  - Duty Chaplain – (706) 545-2218
    - Emergency – 911
  - **Off Post Hours**
    - (24 Hours)
- 1-800-SUICIDE (784-2433)
- Police Emergency – 911
- **Anonymous self-assessment**  
[www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)
- 24-Hour Help Line – (706) 327-3999
- Military OneSource - 1-800-342-9647
  - [www.militaryonesource.com](http://www.militaryonesource.com)
  - [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

You can make a difference.



**SEEKING HELP IS A SIGN OF  
STRENGTH!**