

MYTH

People who talk about suicide aren't serious; they won't actually attempt suicide

FACT

Studies show that about half of those who die by suicide gave some warning about what they had planned

MYTH

Once people decide to die by suicide, there is nothing you can do to stop them

FACT

Suicide can be prevented and most people who are suicidal don't want to die, they want to stop their pain

MISSION AND VISION

Mission: Advance holistic, data-driven suicide prevention in our military community through policy, oversight, and engagement to positively impact individual beliefs and behaviors, as well as instill systemic culture change.

Vision: Unwavering pursuit of a mission-ready, suicide-free military community.

VISIT US AT www.dspo.mil

RESOURCES

FOR EVERYDAY LIFE CHALLENGES

**MILITARY
ONE SOURCE**

800-342-9647
www.MilitaryOneSource.mil

 **Veterans
Crisis Line** | **Military
Crisis Line**
1-800-273-8255 **PRESS 1**

911
Dial 911

Make it Your Mission to...
#BeThere

DEFENSE SUICIDE PREVENTION OFFICE

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RISKS & WARNING SIGNS HOW TO HELP

DEFENSE SUICIDE PREVENTION OFFICE



TOP RISK FACTORS FOR SUICIDES

65%

Access to Lethal Means

More than 65% of military suicide deaths involve the use of a firearm



Relationship Challenges

Approximately 40% of active duty Service members experienced a failed or failing relationship 90 days prior to suicide death



Fall from Glory

Approximately 30% of active duty Service members experienced administrative or legal problems in the 90 days prior to suicide death



Perceived Stigma

Hesitancy to access mental health or other support services due to perceived stigma associated with help-seeking

RISK FACTORS



Lack of belonging and sense of being a burden



Emotional and psychological pain



Inability to deal with stress



Access to lethal means



Mental health problems

PROTECTIVE FACTORS



Feeling a sense of belongingness and connectedness (e.g., family, friends, trusted peer/adult, community support, or spiritual) and having a purpose



Being able to express feelings and having access to care/support



Having effective coping, problem-solving and communication skills, and positive thinking



Willingness to use a variety of support and care



Means reduction and safety planning

HOW TO HELP SOMEONE IN SUICIDAL CRISIS

- ✓ Be direct. Talk openly and matter-of-factly about suicide.
- ✓ Be willing to listen. Allow expression of feelings. Accept the feelings.
- ✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.
- ✓ Get involved. Become available. Show interest and support.
- ✓ Offer hope that alternatives are available, but do not offer general reassurance such as "It will get better," or "It could be worse."
- ✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- ⊘ Don't dare him/her to do it.
- ⊘ Don't act shocked. This will put distance between the two of you.
- ⊘ Don't be sworn to secrecy. Seek help.

Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).