



Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation: do not use force; be safe.
- Actively listen to show understanding and produce relief.
- Remove any means that could be used for self-injury.

Escort your buddy

- Never leave your buddy alone.
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider.
- Call the National Suicide Prevention Lifeline



Warning Signs

- Talking about wanting to die
- Searching for a way to die (Online search, gun purchase)
- Talking about being hopeless
- Talking about being a burden
- Behaving recklessly
- Withdrawing or isolating
- Displaying mood swings

Risk Factors

- Prior suicide attempt
- Relationship stress
- Family history of suicide
- Mental health condition
- Having access to suicide method
- Signs of substance abuse
- Change in behavior
- Hopless behavior
- Impulsive behavior
- History of trauma / abuse

Protective Factors

- Skills in problem solving
- Supportive relationships
- Beliefs in self-preservation
- Strong connections with others
- Access to mental health staff

Have you asked
someone
"ARE YOU OK"
today?

USACE Surgeon: CDR Thomas Janisko
202-904-7966 (24x7)

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US ARMY CORPS OF ENGINEERS
USACE



National Suicide Prevention Lifeline:
1-800-273-8255 (24x7)
PRESS "1" for the Veteran's Crisis Line

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