RISK FACTORS

- Depression, mood disorder or TBI
- Shame or guilt related to combat
- Alcohol and drug use (illegal drugs, steroids and or high risk supplements)
- Relationship issues or loss of support system
- Financial problems
WARNING SIGNS

- LOSS OF HOPE
- SLEEPLESSNESS
- EXPRESSING A FEELING THAT EVERYONE WOULD BE BETTER OFF WITHOUT THEM.
- Loss of enjoyment
- Self destructive behavior
- Angry outbursts or agitation
- Withdrawal
- Sudden change in work performance
- Significant change in physical appearance
- Loss of appetite or increased appetite
- Helplessness
- Making statements about wanting to die or “end it”
ACCESSING RISK

- Ask non-threatening, open ended questions that assess the risks:
  - How is your sleep?
  - How’s your family? Spouse? Children?
  - What are you doing for fun?
  - What do you do for PT?
- Obtain full picture of the soldier’s life and possible changes: Pleasure, sleep, eating habits and agitation.
- Obtain full history of addiction, mental health problems, attempts, trauma and family history.
- Be a peer supporter- be present and listen.
- Escort the soldier to care and follow up with them regularly.
WHAT CAN WE DO?

• Assume that the person may be more at risk than they are presenting.
• Respond immediately or provide safety net.
• Show genuine care for their well being.
• Include spouses, parents, siblings, peers in care.
• LISTEN, follow up with questions
• Maintain sense of belonging or help create one.
• Give hope that treatment works and they will feel better
PROTECTIVE FACTORS

- Sense of belonging
- Purpose and meaning
- Stable support system (family, church, community)
- Problem solving skills
- Goal oriented
- Help seeking behavior
- Hope that things will get better
- Work success
- Taking vacations, relaxing, having hobbies
- Exercise, nutrition, sleep
National:

- Suicide Lifeline: 1-800-273-TALK (8255)
- REALWARRIORS.NET
- Yellow Ribbon Reintegration (yellowribbon.mil)
- Vets4Warriors- 1-855-VET-TALK
- Veteran’s Crisis Hotline 1-800-273-8255
- Military One Source 1-800-342-9647
PREVENTIVE RESOURCES

National:

• iPhone and Android app- Operation Reach Out
• Suicide Lifeline: 1-800-273-TALK (8255)
• REALWARRIORS.NET
• DoDSER (DOD suicide event report)
• Yellow Ribbon Reintegration (yellowribbon.mil)
• Military One Source 1-800-342-9647
Fort Lee:

- Kenner Army Community Hospital Behavioral Health 804-734-7246
- Chaplain Hotline 804-586-0924
- Suicide Prevention Program Manager
  - Kurtis Cherry 804-734-3415
It takes the courage and strength of a warrior to ask for help...

If you or someone you know is in an emotional crisis, call 1-800-273-TALK Press 1 for Veterans

www.suicidepreventionlifeline.org

Department of Veterans Affairs