

Appendix A

Suicide Awareness Information

SIGNS OF SUICIDE

A person contemplating suicide—

- | Believes he or she is in a hopeless situation.
- | Appears depressed, sad, tearful; may have changes in patterns of sleep and/or appetite.
- | May talk about or actually threaten suicide, or may talk about death and dying in a way that strikes the listener as odd.
- | May show changes in behavior, appearance or mood.
- | May increase or start drug or alcohol use.
- | May injure self or engage in risky behavior.
- | Abandons planning for the future.
- | May start withdrawing from others, including family and close friends.
- | May give away possessions.
- | May appear apathetic, unmotivated, indifferent.

PREVENTION KEYS

The small-unit leader may be the first to identify the “signals” of a potential suicide-risk Service member. The keys to prevention are

to provide aid to persons at suspected risk and follow the acronym AID LIFE.

- A** Ask: "Are you thinking about hurting yourself?"
- I** Intervene immediately.
- D** Do not keep a secret concerning a person at risk.

- L** Locate help (NCO, chaplain, corpsman, doctor, nurse, friend, family, crisis line, hospital emergency room).
- I** Inform your chain of command of the situation.
- F** Find someone to stay with the person. Do not leave the person alone.
- E** Expedite! Get help immediately. A suicidal person needs the immediate attention of helpers.