Helping Resources

Naval Hospital

Mental Health Clinic

Chaplains

Fleet & Family Support Center

Marine Corps Community Services

Military One Source
1-800-342-9647

National Help Line
1-800-784-2433

It is okay to get help!
Life Counts!

Suicide Prevention is Everyone's Business!
**Inform**

**Who Is At Risk?**
for Suicide

- Young
- Single
- Male
- Enlisted
- Active Duty
- Family
- Old
- Married
- Female
- Officer
- Reservists
- Friends

**To**

What's Killing Our Sailors?

Too Often... Suicide

**Know**

**Warning Signs Of Suicide!**

- Talk or hints of Suicide
- Depressed/Anxious Mood
- Impulsive Anger
- Substance Misuse or Abuse
- Relationship Difficulties
- Legal Troubles
- Financial Problems
- Performance and Work Difficulties
- Transition Issues
- Isolation and Withdrawal
- Changes in Behaviors

**The second or third leading cause of death in the Marine Corps and the Navy during the past 10 years.**

**It takes all of us to Prevent Suicide!**