ACT NOW!



Ask



Care





Treat & Transport



- Ask if they are thinking about Suicide
- Acknowledge their talk, behavior and feelings!



- Let the individual know you care and understand
- Listen and care about what is troubling them
- Care if a shipmate has a plan for suicide



- Obtain professional help ASAP for Shipmate
- Call 911/Medical
- Take Person to Emergency Room
- Do not leave person alone NEVER EVER!!!



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!

Preventing Suicide



MARINE CORPS AIR STATION IWAKUNI

Community Counseling Program
Building 411, Room 201
Iwakuni, Japan
FPO AP 96310

©253-6553

©011-81-611-753-6553



Suicide Prevention is Everyone's' Business!

INFORMATION

Who Is At Risk? for Suicide

- Young
- Old
- Single
- Married

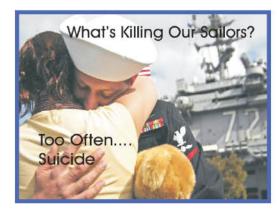
Male

- Female
- Enlisted
- Officer
- Active Duty
- Reservists
- Family
- Friends









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!



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





