



Suicide Warning Signs: IS PATH WARM

Ideation _____ Thoughts of suicide are expressed.

Substance Abuse _____ Increased or excessive alcohol or drug use.

Purposelessness _____ Feels no sense of purpose or meaning in life.

Anxiety _____ Anxious; changes in sleep patterns.

Trapped _____ Feeling there is no way out.

Hopelessness _____ Lost hope in self, others, the future.

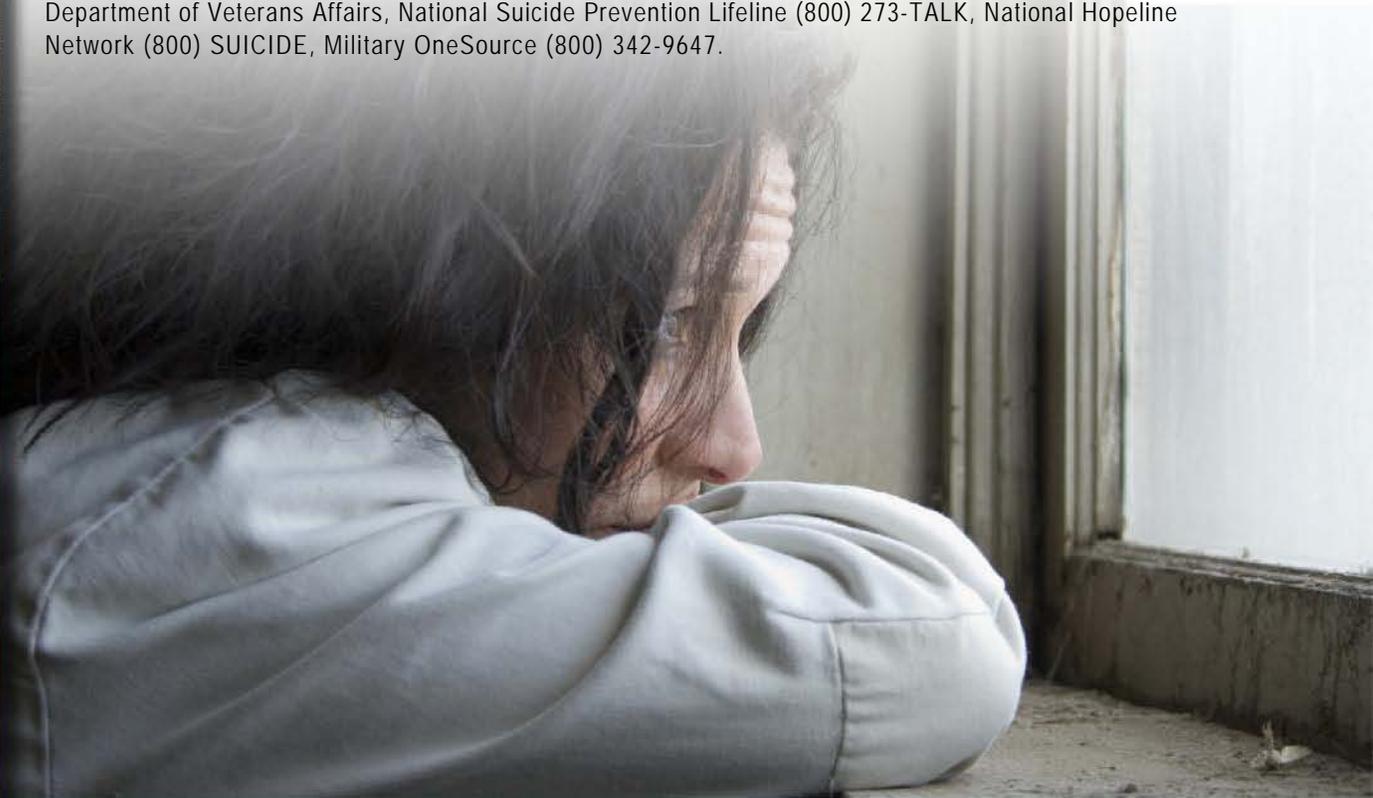
Withdrawal _____ From family, friends, usual activities.

Anger _____ Rage or uncontrolled anger, seeks revenge.

Recklessness _____ Risky behavior; no regard for consequences.

Mood Changes _____ Dramatic changes in mood; unstable mood.

Suicide does not discriminate: Anyone can be at risk. If you have any of these signs, please call a professional for help: Fleet and Family Support Center (FFSC) clinical support, chaplain, the U.S. Department of Veterans Affairs, National Suicide Prevention Lifeline (800) 273-TALK, National Hopeline Network (800) SUICIDE, Military OneSource (800) 342-9647.





How to Assist Individuals at Risk for Suicide: Life Counts! ACT

Ask _____ if someone is depressed and is thinking about suicide.

Care _____ Let them know you care _____

Treat _____ Get them assistance (Treatment) as soon as possible.

Take all threats of suicide seriously:

- Do not be afraid to ask a caller if they are having thoughts of suicide.
- Callers who have a plan, means and time frame need immediate help.

Suicide Prevention Resources:

- Chain of Command
- Fleet and Family Support Center
- Chaplains
- Medical and Mental Health Professionals

