Slide 28

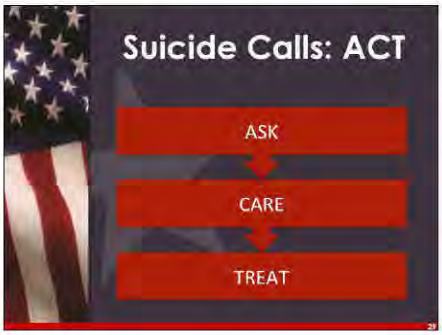
Signs of Suicide: IS PATH WARM

The information we are about to cover on suicide is not currently a part of your *Manual*. If you haven't done so already, please make sure you download and print the *Suicide Prevention* handout from the Handout file share pod and insert it as parts of **Pages 132–134** in your *Manual*, under the sections "Recognizing Suicide Warning Signs" and "How to Assist Individuals at Risk for Suicide," respectively.

You will likely get calls from individuals who are lonely, sad and even depressed. There is also the possibility of an individual who is contemplating suicide to reach out to an ombudsman. Most people who commit suicide don't want to die — they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. The Navy uses the IS PATH WARM acronym to help us recognize these signs.

Instruct learners on how to highlight the *Suicide Prevention* file, click "save to my computer" and print.

Slide	Presenter Content	Producer
	[Tell learners to refer to the *Suicide Prevention* handout that was downloaded from the Handout file share pod. Go over the IS PATH WARM acronym, using the following as a guide. Have learners complete the handout by filling in the blanks for each letter of the acronym.] Suicide does not discriminate — anyone can be at risk. If you have any of these signs or notice a shipmate, family member or friend with these signs, please call a professional for help: [CLICK] **I = Ideation:** Thoughts of suicide are expressed, threatened, written or otherwise hinted at by efforts to find means to suicide, say goodbye or prepare for death. **S = Substance Abuse:** Increased or excessive alcohol or drug use. **P = Purposelessness:** Seeing no reason for living or having no sense of meaning or purpose in life. **A = Anxiety:** Feeling anxious, agitated, frequent nightmares, or unable to sleep (or sleeping all the time.) **T = Trapped:** Feeling trapped, like there's no way out. **H = Hopelessness:** Feeling hopeless about self, others and/or the future. **W = Withdrawal:** Withdrawing from family, friends, usual activities and/or society. **A = Anger:** Feeling rage or uncontrolled anger, seeking revenge for perceived wrongs. **R = Recklessness:** Acting without regard for consequences, excessively risky behavior. **M = Mood Changes:** Experiencing dramatic changes in mood. Unstable mood.	

Slide	Presenter Content	Producer
Slide 29 Assisting Individuals at Risk for Suicide  	If you think someone may be contemplating suicide, it is important to ACT. ACT is the acronym for Ask, Care and Treat. Please update the "How to Assist Individuals at Risk for Suicide" section on **Page 134** in your *Manual*. This section in your *Manual* currently refers to Listen, Ask, Get Help. These two methods of assisting a potentially suicidal person are very similar; however the Navy currently uses the ACT prevention strategy. [Go over the acronym for ACT. Have learners complete the handout by filling in the blanks for each letter of the acronym.] **A = ASK:** Ask the person if they are depressed or thinking about suicide. Do not be afraid. Research reveals that persons who are contemplating suicide want to talk to someone. **C = CARE:** Listen, offer hope, do not judge. Let them know you CARE and that they are not alone. **T = TREAT:** Seek professional help. Get them (TREATment) as soon as possible. Follow up with them to continue letting them know you care. If you receive a call from someone who seems to be considering suicide, do not worry about using the right words. A concerned tone of voice and knowledge of resources is what is most important.	

Slide	Presenter Content	Producer
Slide 30 Possible Suicide Call: ACT 	[Note: This is a guided note-taking exercise. Refer learners to **Page 135** of their *Manuals*. Discuss each item and have learners fill in their handouts with the text identified in bold.] **ASK** ■ The call is a cry for help. ■ Let the caller unload despair. ■ *Ask: Are you having thoughts of killing yourself?* ● Caller answers "no" □ *Use PACT model.* □ *Continue call.* ● Caller answers "yes," move on to CARE **CARE** ■ Be non-judgmental, calm, accepting. ■ Let them know you care and that they are not alone. ■ Offer hope. Suicidal feelings are temporary, depression can be treated and problems can be solved. Ask: ● *Have you thought about how you would do it?* (PLAN) ● *Do you have what you need to do it?* (MEANS) ● *Have you thought about when you would do it?* (TIME FRAME) **TREAT** ■ **Seek professional help.** If a suicide attempt seems imminent, call a local crisis center, 911, or take the person to an emergency room. ■ **Do not, under any circumstances, leave a suicidal person alone.** (Do not physically go to the home of the caller, but try to stay on the phone with them. If necessary, call 911 or base security to dispatch someone to where they are.) ■ **Remove means**, such as guns, stockpiled pills, ropes or sharp objects Contact FFSC, chaplain, or TRICARE Mental Health for guidance.	After completing this section, listen for the Presenter's cue for a break and set the Timer tool, if necessary.