



GTA 12-01-001

ARMY SUICIDE PREVENTION PROGRAM

EFFECTIVE DATE 15 JAN 2007

WARNING SIGNS OF SUICIDE

- Failed Relationships
- Legal/Financial/Occupational Problems
- Previous Suicide Attempts
- Suicide Threats
- Alcohol and Drug Abuse
- Statements Revealing a Desire to Die
- Sudden Changes in Behavior
- Prolonged Depression
- Making Final Arrangements
- Giving Away Prized Possessions
- Purchasing a Gun or Stockpiling Pills
- Feelings of Humiliation

IF YOUR BUDDY SHOWS SOME OF THE SIGNS ABOVE:

* **Identify the Need:** Listen. "How can I help?"

* **Ask:** "Are you thinking about suicide?"

* **Act:** Take to one of the helpers below that fits the need

Buddy: _____

1ST-Line Leader: _____

Chaplain: _____

Mental Health: _____

Police/Ambulance: 911

Military One Source: 1-800-342-9647

<http://www.militaryonesource.com/skins/MOS/home.aspx>

National Suicide Prevention Lifeline: 1-800-273-8255

ADDITIONAL RESOURCES

Army Suicide Prevention Program
<http://www.armyg1.army.mil/hr/suicide.asp>

U.S. Army Center for Health Promotion
and Preventive Medicine
[http://chppm-
www.apgea.army.mil/dhpw/readiness/suicide.aspx](http://chppm-
www.apgea.army.mil/dhpw/readiness/suicide.aspx)

Office Chief of Chaplains
<http://www.chapnet.army.mil/>

Army Families Online
<http://www.armyfamiliesonline.org/>

Army Behavioral Health
<http://www.behavioralhealth.army.mil/>

Battlemind Training
<http://www.battlemind.org/>

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
<http://www.suicidepreventionlifeline.org/>

American Association of Suicidology
<http://www.suicidology.org/>

National Hopeline Center
<http://www.hopeline.com/>

EVERY ONE MATTERS!

