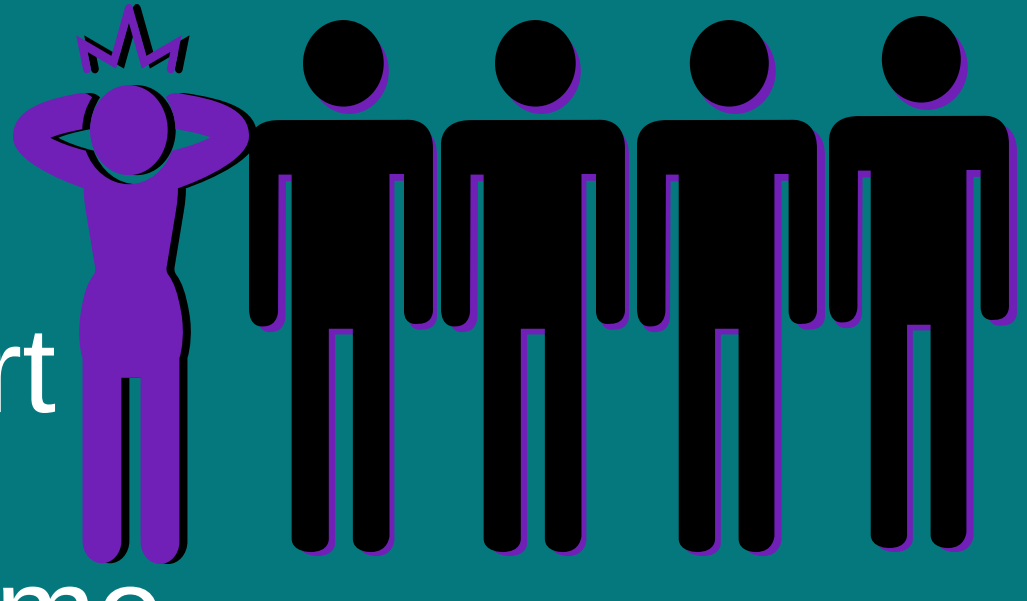


SUICIDE PREVENTION AWARENESS MONTH

1 in **5** individuals report suicidal ideation during their lifetime.



Suicide is the **2nd** leading cause of death for ages 10-34 in the U.S.

Although suicide is a national public health crisis, the number of **veterans and service members lost to suicide** in just one year now surpasses the number of lives lost during the operations in Afghanistan and Iraq to date..



..the total number lost in the past decade totals more than the number of deaths incurred during the Vietnam War.

The most important step in preventing suicide is about taking care of ourselves and our Wingmen:

Even one is too many...

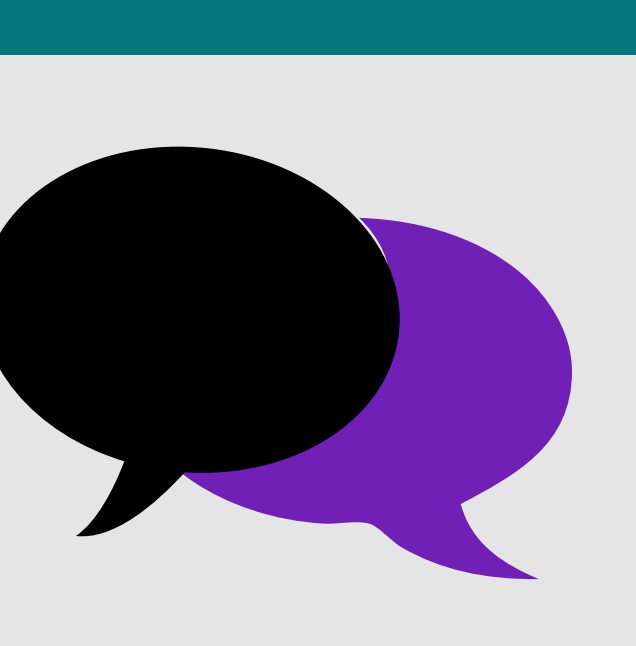
WHEN TO BE CONCERNED

Feeling like a burden to others.

Feelings of hopelessness.

A history of self-harm behaviors.

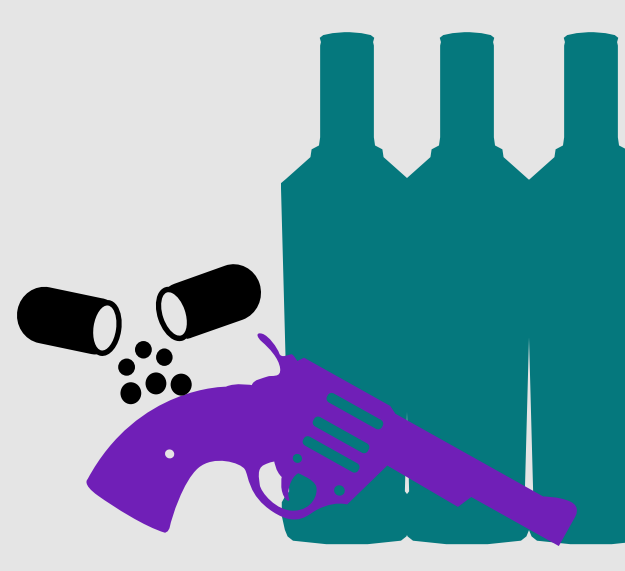
What are the warning signs?



Saying goodbye, directly or indirectly.



Statements that indicate no reason to live.



Talking about suicide or death, or not wanting to be around anymore.



Giving important things away.



Evidence of preparation to attempt suicide.

What should I do if I'm concerned?

A

sk

Check in on your Wingman and invite them to talk. Sometimes all they need to know is that someone cares. This is the most important step to stopping a tragedy.

C

are

Let them know you are concerned and that you want to help connect them with resources.

E

scort

Don't leave them alone. Stay with your Wingman until help arrives or walk/drive them to help.

If you or someone you know is in crisis, call 1-800-273-TALK (8255), go to your local Emergency Room or call 911.

Mental Health also has an on-call provider 24/7 and takes walk-ins during duty hours.

Sources:

Maj. Bryan Vralsted, Yokota Air Base Mental Health Flight Commander and Director of Psychological Health

www.nimh.nih.gov

"Reducing Suicide Among U.S. Veterans," Testimony by Terri Tanielian, Senior Behavior Scientist at the RAND Corporation. Testimony presented before the House Oversight and Reform Subcommittee on National Security on May 8, 2019.