

FORT BRAGG SUICIDE SAFETY GRAM

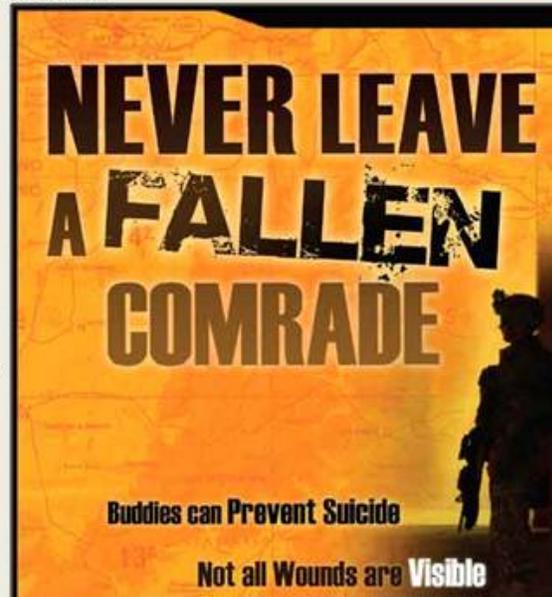
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A Fort Bragg Soldier recently attempted to take his own life. An initial investigation revealed that the Soldier's friends and leadership were aware that the Soldier had marital problems, and had seen Behavioral Health in the past. Despite these indicators, no one believed that the Soldier was at risk for Suicide

All leaders and Soldiers must be aware of the indicators and risk factors that contribute to suicide.

Relationship and marital problems are the leading common contributing factor among suicides and suicide attempts.

When relationship problems exist along with other risk factors, the risk for Suicide greatly increases. Leaders must take proactive steps to know their soldiers, recognize those who are at increased risk for suicide, and intervene before the Soldier chooses suicide.



Recognize these Suicide Risk Factors and Warning Signs

- Relationship Problems
- History of previous suicide attempts
- Substance abuse
- History of depression
- Family history of suicide or violence
- Work related problems (negative counseling)
- Transitions (PCS, deployment)
- Significant loss of a loved one
- Current/pending disciplinary or legal action
- Setbacks (academic, career, or personal)
- Financial difficulties
- Talk or hinting about suicide
- Giving away property
- Withdrawal from friends and activities
- Unusual behavior
- Acquiring the means to kill oneself
- Themes of death in letters or notes

Leaders, visit <http://phc.amedd.army.mil>, for Suicide Prevention and Intervention education materials, or call the Fort Bragg Suicide Prevention Program Coordinator at 907-5409 for support

Suicide Prevention Lifeline: 1-800-273-TALK (8255)