1. **Theme: Effective Communication**

   - Communication breakdown between chain of command and Behavioral Health (BH) Professionals in tracking high-risk Soldiers – sharing information is critical

   - Consistent communication lends itself to a proactive versus a reactive system

   - Communicate and stay in contact with all of your Soldiers despite their rank / position

   - Leaders play a crucial role - keep communication open from all directions

   - Providers should be in touch with one another, especially when Soldiers transfer from one unit / command to another – keep the Soldier’s new chain of command and BH providers informed

2. **Theme: Behavioral Health / ASAP Short Circuits**

   - Unreported mental health problems may manifest into future behavioral health issues

   - Soldiers that do not display signs of depression or mental health may still be considered high risk Soldiers

   - Follow-up and monitor BH patients, especially Soldiers with prior suicide attempts

   - Be cognizant of the Soldier’s age and the effect of medication as it relates to suicidal thoughts; certain medications may predispose individuals under the age of 25 to higher suicide rates – educate yourself on such medications, notify chain of command of any changes

3. **Theme: Sleep Patterns and Deprivation**

   - Increased chance for depression with lack of required sleep

   - Manage your Soldier’s sleep – refer as needed to medical provider
- Insomnia affects suicide; know your Soldiers and the potential risks insomnia can have
- Effective leadership includes monitoring your Soldier's sleep behavior

4. **Theme: Identify the Red Lights**
   - Previous suicide attempt(s) / suicidal ideations
   - Stressors
   - Transition periods
   - Significant events / dates may cause Soldiers to react in negative ways
   - Marital counseling / Family concerns
   - BH issues prior to joining the Army

5. **Theme: Soldier Speed Bumps**
   - Illegal drug usage / dependency
   - Potential negative influence of “prescription” medication
   - Soldier's stature, rank or position does not negate suicide risk
   - Feelings of loneliness / isolation / depression