

We all
have a
key role
in Suicide
Prevention



ARMY

SUICIDE PREVENTION - OUR ROLE

**We all have a key role
in Suicide Prevention**

Remember:

- To take time to talk to each other
- Listen without judging and be interested in what they are telling you
- Emphasise seeking help in times of distress displays courage, strength, responsibility, and good judgment

Are they feeling suicidal or had thoughts of suicide?

- A - ASK** Do not be afraid to ask someone if they are thinking about suicide.
- I - INTERVENE** Taking no action is not an option if a person's life is at stake
- D - DISCLOSE** Everyone can help.

**Respecting someone's privacy
is pointless if they are dead.**

SUICIDE - IDENTIFYING

Identifying

- An outgoing person becoming withdrawn, or the opposite
- Missing parades or being late when normally punctual
- A loss of personal discipline
- Drinking more than usual or on their own
- Appearing distracted or *“not quite there”*
- Missing group activities or meals
- Having less energy
- Finding it hard to cope with day-to-day life
- Negative statements such as *“it’s like everything is against me”*
- Comments made on social media





Potential Triggers

- The break-up of a relationship or toxic relationship
- Losing custody of or access to a child
- Recent loss of a friend or loved one
- Mental ill-health
- Painful or debilitating injuries or illness
- Financial problems
- Feeling lonely, isolated or that they don't belong
- Pending discipline or legal action / investigation

SOURCES OF Help and Support

- **Speak with your mates, friends and family**
- **Your Boss**
- **Padre, MO/GP**
- **Unit Welfare Staff / Unit Welfare Officer**
- **Army Welfare Service.** Tel: 01904 882053
- **Armed Forces Support Line.**
Tel: 0800 323 4444 - Open 24/7.
- **SSAFA Forces Line.**
ssafa.org.uk/help-you/forcesline
0800 731 4880 - Open: 0900-1730hrs Mon-Fri
- **Togetherall.**
Togetherall.com - a safe online community
<https://togetherall.com/en-gb/>
- **SHOUT Crisis Text Line.**
Text 85258 - Available 24/7
- **Samaritans.**
Tel: 116 123 - Open 24/7.
Email: Jo@Samaritans.org