



Suicide Prevention Program

- Coordinates and provides Suicide Prevention training for Soldiers, Family members and DA Civilians.
- Coordinates annual Suicide Prevention Awareness Month activities.
- Disseminates suicide prevention training materials, training aids, and posters.
- Tracks suicide data and trends.
- Provides risk factor trend analysis to assist Commanders with mitigating high risk behaviors.

SUICIDE PREVENTION RESOURCES

Suicide Prevention Program

315-772-9018

Army Substance Abuse Program

315-772-ASAP (2727)

Fort Drum Behavioral Health

315-772-0215

Fort Drum Child, Adolescent & Family Behavioral Health

315-772-1074

Fort Drum Chaplains (duty days/hours)

315-772-5591

Fort Drum Chaplains (non-duty days/hours)

315-772-5647

Mobile Crisis Services

315-782-2327

24-HOUR HOTLINE ASSISTANCE

National Suicide Prevention

Lifeline

Phone: 1-800-273-TALK (8255)

Veterans Crisis Lifeline

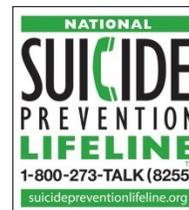
Phone: 1-800-273-TALK (8255) - Press 1

Text: 838255

Chat: <https://www.veteranscrisisline.net>

Samaritan Medical Center Urgent Mental Health Hotline

315-785-4516



ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

SUICIDE PREVENTION PROGRAM

The Suicide Prevention Program works to reduce suicidal behaviors, and aims to dispel the myths and stigma surrounding help seeking behavior through awareness and education.



SP2
SUICIDE PREVENTION
PROGRAM

315-772-9018

Suicide Prevention Program (SPP)

Suicide Prevention Training

- **Ask, Care and Escort (ACE)** - 90 min. Required annual suicide prevention training for all Soldiers.
- **ACE-Suicide Intervention (ACE-SI v2.2) T2** - 1 day. An enhanced version of ACE targeting Leaders in positions of trust.
- **ACE-Suicide Intervention (ACE-SI v2.2) T4T** - 3 days. Instruction on how to facilitate the ACE-SI v.2.2. Candidates must be Staff Sergeant or above, have 1 year remaining on station, nominated by the Commander and be a proficient facilitator.
- **Applied Suicide Intervention Skills Training (ASIST) Gatekeeper** - 2 days. Trains attendees to intervene with a person at risk of suicide. Must be mature, able to handle the class content and the responsibility of intervening.



Risk Factors



- Financial stress
- Relationship difficulties
- Legal struggles
- Access to lethal means
- Drug and alcohol misuse
- Past trauma
- Limited or no support
- Prior suicide attempt
- Family history of suicide
- Behavior health struggles



Warning Signs



- Increased isolation
- Feeling hopeless, helpless
- Increased alcohol use
- Concerning texts, posts, emails
- Increased anger
- Talking about suicide



What can you do to help?

Be observant. Know and recognize the warning signs.

Reach out to the person. Ask about signs you have noticed. Make statements of observation.

Actively listen. Show you care by listening and taking them seriously.

Ask about suicide. Ask directly, "Are you thinking about suicide"? Do you have a plan?"

Show respect. Be understanding, honest, sincere and serious. Don't say, "It's not that bad."

Be actively involved. Talk openly and freely.

Offer support. Let the person talk. Identify resources for support (family, friend, counselors).

Communicate, "I will help" Urge the person to get help. Be firm about your intentions to get help if they won't. Avoid secrecy pacts. Don't leave the person alone.

Get help. Call a Chaplain, your Chain of Command, Behavioral Health, MFLC, National Suicide Prevention Lifeline, 911 or other qualified mental health professional.



Army Substance Abuse Program
Suicide Prevention Program

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