



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

Fort Drum Behavioral Health

315-772-0215

Fort Drum Child, Adolescent & Family Behavioral Health

315-772-1079

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

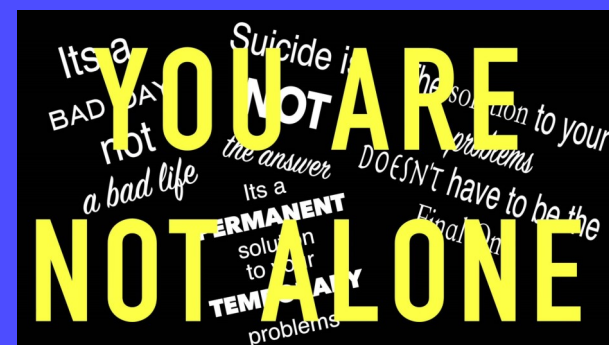
315-785-4516



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. We encourage seeking assistance to address difficult life issues and to treat behavioral health problems. We resolve to develop a trained Force at all levels capable of identifying risk factors, warning signs, and protective factors in order to prevent and intervene in suicidal behaviors.

Suicide prevention encompasses the physical, emotional, social, family, and spiritual dimensions of health and well-being.



Army Substance Abuse Program

315-772-9018

Suicide Prevention Program (SPP)

Suicide Prevention Training

Ask, Care, Escort (ACE)

Annual Suicide Prevention Training for all Soldiers.

Ask Care, Escort - Suicide Intervention (ACE-SI)

Intervention skills for Team Leaders thru Company Commanders. Required one time during assignment at Fort Drum IAW OPOD 19-09 Fort Drum Suicide Prevention Action Plan.

IMCOM Tier 1 ACE-SI (Train-the-Trainer)

Trains E-5 and above to instruct ACE and ACE-SI at the unit level.

ASIST T2T (Gatekeeper)*

*1 per PLT IAW Fort Drum OPOD 19-09 Fort Drum Suicide Prevention Action Plan
Advanced Suicide Intervention Skills Training (ASIST) for E-5 and above. Learn to intervene and keep them "Safe for Now".

ASIST T4T (Gatekeeper Trainer)*

*2 per BDE IAW Fort Drum OPOD 19-09 Fort Drum Suicide Prevention Action Plan
Train the Trainer to instruct ASIST Gatekeeper (T2T). For E-5 and above.

**Life is not a
Spectator Sport
INTERVENE!**

Most people that attempt suicide really do not want to die. 8 out of 10 people that attempt suicide have shown some signs of their intention to hurt themselves.

Warning Signs

- *Talking about death or suicide*
- *Withdrawal from others*
- *Relationship issues*
- *Financial issues*
- *Legal Issues*
- *Changes in behavior*
- *Mood changes*
- *Substance abuse*
- *Lack of interest in things they have liked to do in the past*
- *Giving away possessions*
- *Lack of interest in appearance or hygiene*
- *Loss of appetite, energy, or sexual interest*
- *Excessive sleeping*
- *Feelings of sadness, helplessness, hopelessness, apathy, failure, guilt, loneliness or worthlessness*
- *Disturbing posts, texts, emails*



**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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