



FAMILY **SUICIDE** **IDEATION** **DRILL CARD**



Family members can help prevent a suicide attempt by actively engaging when a person expresses suicidal ideation. If you see someone in crisis, use the information in this card to intervene. It's important to know your Family members and notice any changes in their behavior; know the risk factors such as relationship or financial problems, and substance abuse and access to lethal means; and know what resources are available to get help.

After a crisis, treat the person with empathy and check in on them regularly. You play a role in suicide prevention by showing your support for their recovery.

INTERVENTION: WHAT TO DO WHEN YOU SEE A PROBLEM

Do not hesitate and engage immediately. Ask YES or NO questions.

ALWAYS ask Questions 1, 2 and 6.

01

Have you wished you were dead or wished you could go to sleep and not wake up?



IF YES – go to questions 3-6

IF NO – go to question 2

02

Have you actually had any thoughts about killing yourself?



IF YES – go to questions 3-6

IF NO – go directly to question 6

03

Have you thought about how you might do this?



IF YES – notify Soldier's immediate supervisor; ESCORT

IF NO – go to question 4

04

Have you had any intention of acting on these thoughts of killing yourself, as opposed to you having thoughts but definitely would not act on them?



IF YES – high risk, call 911/ then notify Soldier's immediate supervisor

IF NO – go to question 5

05

Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?



IF YES – high risk, call 911/ then notify Soldier's immediate supervisor

IF NO – go to question 6

06

Have you done anything, started to do anything, or prepared to do anything to end your life?



Examples: Collected pills, obtained a gun, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.

In the past 3 months? If YES, then notify Soldier's immediate supervisor; ESCORT

In the past 3 days? High risk, call 911/ then notify Soldier's immediate supervisor

IF NO, inform Soldier's supervisor of your observations

Any YES answers indicate the need for further care and elevation to Chain of Command. However, if the answer to #4, 5, or 6 is yes, immediately ESCORT to the nearest Chaplain, behavioral health provider, Unit Leader or Emergency Department. DO NOT LEAVE THE PERSON ALONE. STAY WITH THEM until they are in the care of professional help.

LOCAL CONTACT INFORMATION AND RESOURCES

We must take all suicide threats and warning signs seriously. Intervening early decreases the time a person in crisis has available to act on their suicidal thoughts.

- Military Family Life Counselor:
- Unit Information:
- Behavioral Health:
- Chaplain:
- Installation/Local Phone Numbers:

