

# LEADER

## SUICIDE IDEATION DRILL CARD



Leadership in times of crisis is an opportunity to reinforce and build trust, confidence, and unit cohesion. Being supported in the immediate aftermath of a traumatic event is important in the healing and recovery process. The positive outcomes of this response can contribute to an overall more cohesive, engaged, and productive unit climate.

### PREVENTION: WHAT TO DO TO PREVENT AND PREPARE

1. Know your team: Have you noticed any changes in mood? Has the Soldier experienced any recent setbacks? Consider work, Family, social, spiritual areas.
2. Know risk factors: Change in behavior, domestic concerns, change in performance, alcohol abuse, drug use, financial concerns, recent loss (friend, Family, job, relationship), talking about suicide or not wanting to go on, hopelessness, constant pain without relief, access to lethal means, and change in relationship status.
3. Know resources and how to contact them. Suicide Prevention Lifeline, 1-800-273-TALK (8255). For the Military Crisis Line dial 1-800-273-8255, Press 1.

Normalize help-seeking behaviors as an actionable step to reducing stigma.

- 01 Underscore that help is always available
- 02 Encourage help-seeking assistance when distressed
- 03 Reinforce warning signs for suicide
- 04 Identify local support services available to the unit
- 05 Be a role model. Acknowledge and communicate coping strategies for dealing with stressful events



### INTERVENTION: WHAT TO DO WHEN YOU SEE A PROBLEM

1. Engage immediately. Talk about your observations and offer support when needed.
2. Ensure the Soldier is supported, even if UCMJ or administrative action is involved. Provide ongoing contact to stay situationally aware of Soldier well-being throughout the situation.

### POSTVENTION: WHAT TO DO AFTER AN ISSUE IS IDENTIFIED

1. Seek SME counsel (Chaplain, Behavioral Health).
2. Ensure awareness of duty limitations and provide observations/updates to support agencies.
3. Enhance contact to discuss treatment plans. Follow-up and ensure follow-through.
4. Address rumors or gossip through professional actions.

Check in on the Soldier with privacy in mind. Make an effort to stay in touch by periodically checking in. You play a role in suicide prevention by showing your support for the Soldier's return to readiness.

### LOCAL CONTACT INFORMATION AND RESOURCES

UNIT INFO:

INSTALLATION/LOCAL PHONE NUMBERS:

BEHAVIORAL HEALTH:

MILITARY FAMILY LIFE COUNSELOR:



**THIS IS OUR ARMY.**