

FAMILY MEMBER SUICIDE IDEATION DRILL CARD



You can help prevent suicide or suicide attempts by actively intervening when your spouse or partner expresses suicidal ideation. Be alert and engaged before they are overwhelmed by life stressors and risk factors. Suicidal ideation, or suicidal thoughts, means thinking about planning suicide. Thoughts can range from a quick consideration to a detailed plan.

PREVENTION: WHAT TO DO TO PREVENT AND PREPARE

1. Be alert: 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, relationship problems, alcohol abuse, drug use, new or crushing debt, recent loss, talking about suicide, constant pain without relief, and access to lethal means.
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.

INTERVENTION: WHAT TO DO WHEN YOU SEE A PROBLEM

Do not hesitate and act 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 directly 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? <i>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.</i>	>	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. However, if the answer to #4, 5, or 6 is yes, immediately ESCORT to the nearest Emergency Room, Mental Health Clinic, Chaplain, behavioral health provider, or Soldier's immediate supervisor. DO NOT LEAVE THE SOLDIER ALONE. STAY WITH THEM until they are in the care of professional help.

POSTVENTION: WHAT TO DO AFTER AN ISSUE IS IDENTIFIED

Stay connected and show concern. You play a role in suicide prevention by showing your support for recovery.

LOCAL CONTACT INFORMATION AND RESOURCES

STAY CONNECTED AND SHOW CONCERN. YOU PLAY A ROLE IN SUICIDE PREVENTION BY SHOWING YOUR SUPPORT FOR RECOVERY.

UNIT INFO:
BEHAVIORAL HEALTH:
MILITARY FAMILY LIFE COUNSELOR:

INSTALLATION/LOCAL PHONE NUMBERS:

CHAPLAIN:



THIS IS OUR ARMY.