

# SOLDIER

## SUICIDE IDEATION DRILL CARD



The goal in responding to a Soldier's expression of suicidal ideation is to prevent a suicide attempt by actively engaging and intervening 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. If you see someone in crisis, use the information below to intervene.

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

1. Know your teammate: Have you noticed any changes in mood? Has a 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, talking about suicide not wanting to go on, constant pain without relief, access to lethal means, 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.

### 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.

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|-----------|--|---|--|
| <b>01</b> | Have you wished you were dead or wished you could go to sleep and not wake up?   | > | If YES – go to questions 3-6<br>If NO – go to question 2   |
| <b>02</b> | Have you actually had any thoughts about killing yourself?   | > | If YES – go to questions 3-6<br>If NO – go directly to question 6  |
| <b>03</b> | Have you thought about how you might do this?  | > | If YES – inform PLT SGT; ESCORT<br>If NO – go to question 4  |
| <b>04</b> | 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?  | > | <b>If YES – high risk, call 911/ then PLT SGT</b><br>If NO – go to question 5  |
| <b>05</b> | Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?  | > | <b>If YES – high risk, call 911/ then PLT SGT</b><br>If NO – go to question 6  |
| <b>06</b> | Have you done anything, started to do anything, or prepared to do anything to end your life?<br><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, inform PLT SGT, ESCORT<br><b>In the past 3 days – high risk, call 911/ then PLT SGT</b><br>If NO – inform PLT SGT 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.

### POSTVENTION: WHAT TO DO AFTER AN ISSUE IS IDENTIFIED AND SOLDIER RETURNS TO DUTY

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

### LOCAL CONTACT INFORMATION AND RESOURCES

**UNIT INFO:**

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**BEHAVIORAL HEALTH:**

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**MILITARY FAMILY LIFE COUNSELOR:**

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**INSTALLATION/LOCAL PHONE NUMBERS:**

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**CHAPLAIN:**

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**THIS IS OUR ARMY.**