

TOP RISK FACTORS FOR SUICIDES

A circular graphic with a green-to-yellow gradient and a textured, dotted pattern. The number '65%' is centered in white.

Access to Lethal Means

More than 65% of military suicide deaths involve the use of a firearm

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Relationship Challenges

Approximately 40% of active duty Service members experienced a failed or failing relationship 90 days prior to suicide death

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Fall from Glory

Approximately 30% of active duty Service members experienced administrative or legal problems in the 90 days prior to suicide death

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Perceived Stigma

Hesitancy to access mental health or other support services due to perceived stigma associated with help-seeking

RISK FACTORS



Lack of belonging and sense of being a burden



Emotional and psychological pain



Inability to deal with stress



Access to lethal means



Mental health problems

PROTECTIVE FACTORS



Feeling a sense of belongingness and connectedness (e.g., family, friends, trusted peer/adult, community support, or spiritual) and having a purpose



Being able to express feelings and having access to care/support



Having effective coping, problem-solving and communication skills, and positive thinking



Willingness to use a variety of support and care



Means reduction and safety planning

HOW TO HELP SOMEONE IN SUICIDAL CRISIS

- ✓ Be direct. Talk openly and matter-of-factly about suicide.
 - ✓ Be willing to listen. Allow expression of feelings. Accept the feelings.
 - ✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.
 - ✓ Get involved. Become available. Show interest and support.
 - ✓ Offer hope that alternatives are available, but do not offer general reassurance such as "It will get better," or "It could be worse."
 - ✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.
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- ⊘ Don't dare him/her to do it.
 - ⊘ Don't act shocked. This will put distance between the two of you.
 - ⊘ Don't be sworn to secrecy. Seek help.

Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).