

# AVAILABLE RESOURCES

COMMUNITY RESOURCES AVAILABLE TO ASSIST IN INTERVENTION OR DEVELOPING COPING SKILLS INCLUDE:

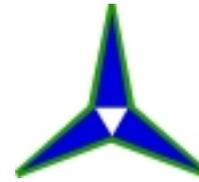
- **CHAPLAINS/CRISIS HOTLINE**  
• **287- CHAP**
- **DACH PSYCHOLOGY DEPT**  
**286-7820/7079**
- **DACH EMERGENCY ROOM**  
**288-8113/8114**
- **1CAV DIV MENTAL HEALTH**  
**288-3096 (MONROE)**
- **4ID MENTAL HEALTH**  
**618-8134 (BENNETT)**
- **FAMILY LIFE CENTER**  
**287-6310**
- **FAMILY ADVOCACY PROGRAM**  
**287-2273**
- **ACS-BUDGET COUNSELING**  
**288-2862**
- **TEXAS ABUSE HOTLINE**  
**1-800-252-5400**
- **INSTALLATION CRISIS HOTLINE**  
**287-CARE**

FOR THE COMMANDER:



STEPHEN SPEAKES  
BG, USA  
Chief of Staff

JOSEPH FRAZIER  
LTC, SC  
DOIM



# III CORPS

## AND FORT HOOD



# SUICIDE PREVENTION FOR LEADERS

## INFORMATION CARD

III CORPS & FORT HOOD PAM 600-24  
14 DECEMBER 2001

## SUICIDE BASICS

- 2<sup>nd</sup> leading cause of death in Army
- 5 times more suicide deaths than combat fatalities
- accounts for 19% of all Army deaths
- majority are E-6 & below, 18-30, married
- highest rate is among divorced soldiers

## POTENTIAL TRIGGERS

- loss or threat of loss of loved one
- loss or threat of loss of significant relationship
- recent humiliation
- recent or pending UCMJ action
- financial problems
- perception of unsupportive home or work environment
- increase in alcohol or drug use
- feelings of guilt
- combination of any of the above

## DANGER SIGNS AND WARNINGS

- obvious drop in performance
- decline in personal appearance
- loss of interest in hobbies or activities
- social withdrawal
- depression or anger
- increased alcohol or drug use
- sleep problems
- recklessness or self mutilation
- talking or hinting about suicide
- formulating a suicide plan
- acquiring the means
- obsession with death themes
- finalizing personal affairs
- giving away personal possessions
- expressing hopelessness & helplessness
- unexpected and unexplained return to normal while real danger signs remain: "My situation is super."

## WHAT TO DO

- ✓ take it seriously
- ✓ tell them you care
- ✓ get professional help – *take them if you have to...*

## WHAT NOT TO DO

- figure they're not serious
- figure they're not the "type"
- debate with them
- wait to take action
- send them away to take care of their problem – *they just might!*