



# Navy Suicide Prevention

## WARNING SIGNS OF SUICIDE

Know the warning signs when a shipmate is at risk of heading down a path to suicide. Remember "IS PATH WARM."

Ideation

Thoughts of suicide, written and/or expressed.

Substance use

Increased or excessive alcohol or drug use.

Purposelessness

Seeing no reason for living; having no sense of meaning or purpose in life.

Anxiety

Agitation, experiencing frequent nightmares, inability to sleep or excessive sleeping

Trapped

Feeling like there is no way out.

Hopelessness

Feeling hopeless about current and future circumstance.

Withdrawal

Withdrawing from family and peer network, usual activities.

Anger

Feeling rage or uncontrollable anger, seeking revenge for perceived wrongs.

Recklessness

Acting without regard for consequences; excessively risky behavior.

Mood changes

Experiencing dramatic, unpredictable changes in mood.

## Know where the lifejackets are:

**Military Crisis Line:** 1-800-273-8255 Option 1; Text 838255; or [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**Navy Chaplain Care:** 1-877-418-6824 or [www.chaplaincare.navy.mil](http://www.chaplaincare.navy.mil)

**Military OneSource:** 1-800-342-9647 [www.militaryonesource.mil](http://www.militaryonesource.mil)

**Coaching into Care:** (assisting families in getting their Veteran's and servicemembers to seek help): 1-888-823-7458 or [www.mirecc.va.gov/coaching](http://www.mirecc.va.gov/coaching)

Command Suicide Prevention Coordinator [name]: \_\_\_\_\_ [phone]: \_\_\_\_\_

## Other Suicide Prevention Outreach and Knowledge Resources:

**Navy Suicide Prevention Program:** [www.suicide.navy.mil](http://www.suicide.navy.mil)

**Navy Operational Stress Control:** [www.navynavstress.com](http://www.navynavstress.com), [www.twitter.com/navstress](https://www.twitter.com/navstress), [www.facebook.com/navstress](https://www.facebook.com/navstress)

**Fleet and Family Support Center:** 800-372-5463 [local]: \_\_\_\_\_

**Navy Marine Corps Public Health:** [www.nmcphc.med.navy.mil](http://www.nmcphc.med.navy.mil)

**Naval Center for Combat and Stress Control:** [www.nccosc.navy.mil](http://www.nccosc.navy.mil)

**Navy Leader's Guide for Managing Sailors in Distress:** [www.nmcphc.med.navy.mil/lguide](http://www.nmcphc.med.navy.mil/lguide)

**Navy and Marine Corps Relief Society (NMCRS):** [www.nmcrs.org](http://www.nmcrs.org)

**Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE):** [www.dcoe.health.mil](http://www.dcoe.health.mil)

**Military Mental Health:** [www.militarymentalhealth.org](http://www.militarymentalhealth.org)

**Project FOCUS (Families Overcoming Under Stress):** [www.focusproject.org/](http://www.focusproject.org/)

**Tragedy Assistance Program for Survivors TAPS:** [www.taps.org](http://www.taps.org)

**American Association of Suicidology:** [www.suicidology.org](http://www.suicidology.org)

**American Foundation of Suicidology:** [www.afsp.org](http://www.afsp.org)

**Suicide Prevention Resource Center:** [www.sprc.org](http://www.sprc.org)

**Survivors of Suicide** [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)