

## INTERVENTIONS

---

Certain rapid interventions are essential to minimizing the risk of a completed suicide in those persons who are at risk. Just as important are the negative interventions which must be avoided when confronted with a person at risk for suicide.

Do Take the Individual Seriously

Do Listen Carefully

Do Stay With Them

Do Watch For Physical Indicators

Do Check For Means

Do Assist Soldier to Get Help

Do Support and Reinforce Need For Immediate Behavioral Health Intervention

Do Try To Establish Rapport

Do Identify and Explore the Positive

Do Check for Support Systems

Do Stay Positive



**Suicide corrodes agency readiness, devastates employee morale, and causes profound and often lifelong suffering and guilt for the families, friends, and leaders of the suicide victim. Leaders can help decrease the number of suicides by stressing suicide prevention.**



**IMCOM**  
SOLDIERS · FAMILIES · CIVILIANS

## Leaders Suicide Prevention Tool



---

LOCATION IS BLDG 3415 MINER RD.

HOURS OF SERVICE:

MON-THUR 0700-1700

FRI 0700-1600

442-4205/2691



1. **SUICIDAL IDEATION** - Suicidal ideation is the threshold event for command intervention. Often, the pre-suicidal person may express thoughts of either dying or killing him/herself. This type of behavior warrants immediate intervention.
2. **SUICIDAL GESTURE** - A suicidal gesture is a self destructive act which the perpetrator does not wish to result in death. Unfortunately, the suicidal gesture may result in death if the means are sufficiently lethal.
3. **SUICIDE ATTEMPT** - A suicide attempt is a self destructive act which the perpetrator wishes to result in death.

You are the first line of defense for the people you work and interact with on a daily basis, because you will be the first to detect the warning signs and changes. Below are some common warning signs of suicide and the actions you can take in assisting the suicidal individual in getting the help they need.

- ◇ **Obsession with Death**
- ◇ **Concrete Plans**
- ◇ **Communication of Intent**
- ◇ **Access to Means**
- ◇ **Irritable**
- ◇ **Withdrawn/Isolated**
- ◇ **Increased Use Of Alcohol/Substances**
- ◇ **Giving Away Personal Items**
- ◇ **Deliberate Self Injury**
- ◇ **Saying Good-Bye**

Ask yourself these question:

1. Do I believe that people who admit they have emotional and psychological problems are weak or defective?
2. Do I attach stigma to and unconsciously penalize soldiers who seek help for relationship, emotional and psychological problems?
3. Would I be embarrassed or afraid to seek help if I was experiencing relationship, emotional or psychological difficulties and was having suicidal thoughts?

If you answered yes to any of these questions, you will not be effective in promoting suicide prevention in your agency. To be effective, you must be willing to stand before your employees and tell them with sincerity that it takes a strong, courageous person to admit to having emotional problems and seek help for suicidal feelings.

- ◇ **SUPERVISORS MUST STRESS EMPLOYEES HELPING EMPLOYEES**
- ◇ **SUPERVISORS MUST STRONGLY PROMOTE HELP-SEEKING BEHAVIORS IN THEIR EMPLOYEES.**

These actions by supervisors are crucial to promoting an effective suicide prevention program. The agency climate must support the concept that employees must help employees. The agency climate must also strongly support employees for seeking help for emotional problems.

Supervisors must stress to their employees that:

- ◇ True friends do not leave friends who are having emotional problems.
- ◇ True friends do not try to bury the problem.
- ◇ True friends express concern.
- ◇ True friends intervene when necessary to save a friends life.

Friends **DO NOT** ignore friends in emotional distress and **DO NOT** try to bury the problems which are presented to them. Friends **DO** express concern, and **DO** intervene when necessary to save a friend's life.

Steps to take after a suicide:

- ◇ Notify Supervisors
- ◇ Start SIR
- ◇ Notify Chaplain
- ◇ Notify CID (442-8804)
- ◇ Notify Medical support (458-2800)
- ◇ Notify Behavioral Health (442-4833)
- ◇ Arrange for Suicide Response Team with 48 hours (442-4205)
- ◇ Start Commander 34 Line Suicide Reporting

**AFTER A ATTEMPTS/GESTURES**

Steps to take for a attempt or gesture:

- ◇ Render First Aid
- ◇ **DO NOT** Leave Soldier Alone
- ◇ Remove all Harmful Objects
- ◇ Notify Supervisors
- ◇ Start SIR
- ◇ Notify Chaplain
- ◇ Notify Behavioral Health (442-4833)
- ◇ Arrange for Suicide Response Team with 48 hours (442-4205)