

## RESOURCES

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**Legal Assistance Office** 580-442-5058  
BLDG 4700, Suite 400

**Reynolds Army Community Hospital** 580-558-2800  
BLDG 4301 Wilson St.

**Behavioral Health** 580-442-4833  
BLDG 2442 Crane Ave.

**Social Work Services** 580-442-2836/8748  
BLDG 3423 Babcock Rd.

**Army Substance Abuse Program** 580-442-4205  
BLDG 3415 Miner Rd.

**Army Community Service** 580-442-4916  
BLDG 4700 Mow-Way Rd.

**Chaplains** 580-442-3302  
BLDG 2934 Marcy Rd.

**Red Cross** 580-558-2132  
BLDG 1651 Randolph Rd.

**Military Family Life Consultant (MFLC)** 580-574-7362/7363/7364

**Military OneSource**  
[www.militaryonesource.com](http://www.militaryonesource.com)

**Family Readiness Groups**

<http://www.armyfrg.org>

**Tragedy Assistance Program for Survivors (TAPS)**

[www.taps.org](http://www.taps.org)

**National Youth Violence Prevention Resource Center**

[www.safteeyouth.org](http://www.safteeyouth.org)

**Army Center for Health Promotion and Prevention Medicine (CHPPM)**

<http://chppm-www.apgea.army.mil>

**Army Medical Department Behavioral Health**

[www.behavioralhealth.army.mil/index.html](http://www.behavioralhealth.army.mil/index.html)

**Defense Centers of Excellence**

[www.dcoe.health.mil](http://www.dcoe.health.mil)

**National Suicide Prevention lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## INTERVENTIONS

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Certain rapid interventions are essential to minimizing the risk of a suicide in Soldiers who are being disciplined or experiencing legal problems. Here are some things to consider when confronted with a person at risk for suicide:

**Do let them know you care and threats seriously.**

**Do listen carefully and keep them talking.**

**Do ensure Soldier is escorted to get help.**

**Do watch for signs of hopelessness, helplessness and feelings of worthlessness.**

**Do check and limit Soldier access to guns, prescription drugs, or other items that can be used for self-harm.**

**Do support and reinforce the need for immediate behavioral health intervention.**

**Do try to establish rapport.**

**Do identify and explore any desire, need, or ability.**

**Do check for support systems.**

**Do stay positive.**



## Legal Issues and Suicide



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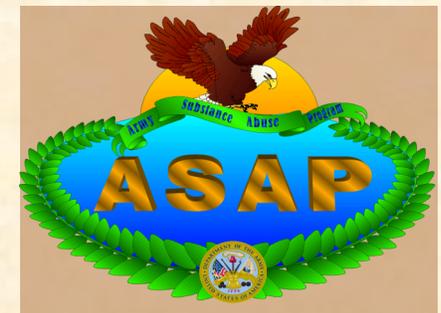
LOCATION IS BLDG 3415 MINER RD.

HOURS OF SERVICE:

MON-THUR 0700-1700

FRI 0700-1600

442-4205/2691



The **Uniform Code of Military Justice (UCMJ)** is the foundation of military law in the United States.

Jurisdictions include:

- ◇ Courts-Martial
- ◇ Personal jurisdiction applies to all members of Uniformed Services
- ◇ Non-Judicial Punishment-Article 15
- ◇ Complaints of Wrongs



Facing disciplinary actions can produce the **“Perfect Storm”** causing Soldiers to spiral downward towards suicide

- ◇ A Soldier may be experiencing legal or disciplinary issues that may have been brought on by financial issues, which may be related to gambling, made worse by alcohol, and further complicated by relationship issues. Most of the times Soldiers can weather one or two of these challenges, however, when the Soldier is overwhelmed with multiple problems, facing a disciplinary action could be the last straw. This should not prevent commanders from administering disciplinary action when necessary, however, leaders should be aware of the signs of a potential suicide.

Most suicides and attempts are reactions to feelings of:

- ◇ Loneliness
- ◇ Worthlessness
- ◇ Hopelessness
- ◇ Helplessness
- ◇ Guilt

Depression is one of the greatest predictors of suicide.



When a Soldier is presented with any combination of the following, the buddy or chain of command should be more vigilant.

- ◇ Talk of suicide or killing someone else
- ◇ Giving away property or disregard for what happens to one's property
- ◇ Withdrawal from friends and activities
- ◇ Relationship problems
- ◇ Acting bizarre or unusual (based on you knowledge of the Soldier)
- ◇ Misconduct
- ◇ Desire to die
- ◇ Made a plan
- ◇ Obsession with death (music, poetry, artwork)
- ◇ Finalizing personal affairs



**How To Support Soldiers Facing Legal Problems**

- ◇ Be aware of the services that Legal Office and Defense Counsel have to offer.
- ◇ If a Soldier is incarcerated, relay any concerns you may have to the confinement facility officials regarding risk of self-harm.
- ◇ When a Soldier is released from incarceration on bond pending trail, monitor distress and risk of suicide.
- ◇ If there are concerns refer Soldier to behavioral health or a chaplain for support, especially during the initial notification of the investigation, interview, and release.
- ◇ If practical, ensure Soldier is not cut off from family members, friends and other support systems.
- ◇ Use the Battle Buddy system for the Soldier.
- ◇ On the day prior to Courts-Martial or Non Military Trails consider the need to put on suicide watch if there is a history of behavioral health issues.

