

## Useful Information

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### TRAINING

Every Soldier and civilian must receive Ask, Care, Escort (ACE) suicide prevention training annually.

Training for Soldiers is available through their unit chaplains.

Start Right Suicide Prevention Training for soldiers is every Tuesday (except holidays) in Bldg 4700, room 216, 1300-1400

Civilian training is coordinated through the Employee Assistance Program Manager (442-6289)

### PROMOTIONAL MATERIALS

Prevention handouts are available upon request at 442-1618:

Posters

ACE Cards

Tip Cards and much more

### **Some Suicidal Warning Signs:**

Failure/loss of a Relationship  
Problems at work or serious financial problems

Medical problems involving pain and pain medications

Drug or alcohol abuse or any extreme cause of stress

### **Free Online Apps:**

*Operation Reach Out*

*PTSD Coach*

*Stop, Breathe, Think!*

*SAM*

*CBT-I Coach*

*ASK & Prevent Suicide*

*MY3*

*Mindshift*

*Meditation Audios for relaxation and affirmations are available at the Fort Sill Intranet Shareport under: Garrison/DHR/ASAP/EAP*



***OUR MISSION IS to sustain a cohesive suicide prevention program which uses all resources to enhance caring relationships and personal resiliency of all in the Lawton/Fort Sill communities***

## FORT SILL SUICIDE PREVENTION Resources



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## The Fort Sill Suicide Prevention Program at the Well-Being Center

Building 3415 Miner Road  
442-4205/1618

For Suicidal Behaviors  
Call:  
1-800-273-TALK (8255)

## Suicide is an challenge

Suicide has a multitude of causes, and no simple solution. There are many potential areas for intervention, and it is difficult to pinpoint the best approach because each suicide is unique.

As noted by a 2016 Action Alliance press release, for every 1 person who dies by suicide annually, about 278 persons with serious thoughts of suicide do not kill themselves. It's not an exaggeration to say that the vast majority of these persons coping with suicidal thoughts managed through these dark hours without the help of a mental health professional.

That means it is likely that friends/family/loved ones, clergy, coaches, teachers, co-workers, etc. played a significant role in helping them. This is not to diminish the role of health and behavioral health professionals, rather, it is to underscore the degree to which we should enable our greatest asset in community suicide prevention: each other.

Here at Fort Sill we believe in fostering a holistic approach to treatment, leveraging everyday people for handling suicidal intentions and intervention, and encouraging the seeking of help when problems are not as overwhelming.

Our areas of focus to reduce suicidal risk include: reducing stigma and increasing access to behavioral health to provide needed insight; using research to identify best practices, and most of all, giving all of us a useful toolbox of resources to use long before we even know they're needed.

## On post Resources

### *Reynolds Army Health Clinic*

580-558-2800 BLDG 4301 Wilson St.

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

*Imbedded Behavioral Health* 580-442-2836/8748 BLDG 3161 Hoskins Road.

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

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

*Chaplains* 580-442-3302 BLDG 6034 Rothwell Street.

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

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

## Off post Resources

*Comanche County Memorial Hospital*  
580-585-5501 3401 W Gore BLVD

*Southwestern Medical Center*  
580-536-0077 5602 SW Lee Blvd.

*Taliaferro Community Mental Health Center*  
580-248-8290 602 SW 38th St.

*Texoma Counseling Center*  
580-536-6500 6425 NW Cache Road

*Christian Family Counseling*  
580-248-0983 5002 SW Lee Street

*Lawtonka Counseling* 580-248-3900  
813 SW B Avenue (No Tricare)

*Wichita Reflections Counseling Center* 580-536-5102  
305 NW Sheridan Road.

*Red River Hospital* 940-322-3171 1505 Eighth St.,  
Wichita Falls, Texas

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

## Hotlines

*National Suicide Prevention Lifeline (VA)* 1-800-273-Talk

*HeartLine* (405)848-Care (2273)

*DCoE 24/7 Outreach Center* 1-866-966-1020

*Wounded Soldier and Family Hotline* 1-800-984-8523

**Samaritan's Crisis Hotline: 1-212-673-3000**

*Military OneSource* 1-800-342-9647

## Web Resources

*American Foundation for Suicide Prevention*  
[www.afsp.org](http://www.afsp.org)

*Screening for depression*  
<http://www.mentalhealthamerica.net/mental-health-screen/patient-health>

*Emotions Anonymous*  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org)

*Anxiety Disorder Support Groups*  
<http://www.adaa.org/supportgroups>

*Screening for Generalized Anxiety Disorder (GAD)*  
<http://www.adaa.org/screening-generalized-anxiety-disorder-gad>

*Screening for Posttraumatic Stress Disorder (PTSD)*  
<http://www.adaa.org/screening-posttraumatic-stress-disorder-ptsd>

*National Suicide Prevention lifeline*  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

*Defense Centers of Excellence*  
[www.dcoe.mil/PsychologicalHealth/Suicide\\_Prevention.aspx](http://www.dcoe.mil/PsychologicalHealth/Suicide_Prevention.aspx)

*Army Public Health Center*  
[phc.amedd.army.mil/topics/healthyliving/bh/Pages/SuicidePreventionEducation.aspx](http://phc.amedd.army.mil/topics/healthyliving/bh/Pages/SuicidePreventionEducation.aspx)

*Other Resources:*  
- [www.afsp.org/find-support/resources/](http://www.afsp.org/find-support/resources/)  
- [www.cdc.gov/ViolencePrevention/suicide/resources.html](http://www.cdc.gov/ViolencePrevention/suicide/resources.html)