

# SUICIDE AWARENESS



Suicide is a serious problem in the U.S. Navy. Knowledge about the risk factors for suicide can assist with prevention, identification, early intervention and can save lives! To help with the recognition of individuals who may be at risk for suicide, the acronym **SUICIDE** was developed. This acronym outlines the major behavioral and psychological risk factors often associated with suicidal behavior. Have the courage to help a sailor in need!

- S**     **SUICIDAL TALK** – Sailors who are thinking and speaking about suicide are at high risk. Individuals who have made previous attempts – especially those with potentially lethal means (weapons), are at a very high risk for suicide as are those with a suicide plan.
  
- U**     **UTTER HOPELESSNESS** – Sailors who are feeling extremely helpless, hopeless, desperate and worthless and who do not have plans for the future are at risk for self-harm.
  
- I**     **INADEQUACY** – Sailors who believe they are inferior, inadequate and worthless and who believe they have been taken advantage of or failed are at risk.
  
- C**     **CLOSE RELATIONSHIP LOSS** – Sailors who perceive or believe that they have lost an important relationship (romantic, spouse, friend, including the death of a loved one) may be at risk for suicide.
  
- I**     **ISOLATION** – Sailors who are alone and feel lonely and helpless, isolate themselves and who lack social, work and religious supports are at risk.
  
- D**     **DEPRESSION** – Sailors who are feeling sad, depressed, bitter, or moody; are pessimistic and withdrawn and have lost their interests are at high risk for suicide.
  
- E**     **ETHANOL (ALCOHOL)** – Sailors who depend upon or abuse alcohol and/or drugs, which may include prescription medications, are at risk for self-harm.

◆   ◆   ◆    ***TAKE ACTION and SAVE LIVES!***   ◆   ◆   ◆