



SUICIDE RISK FACTORS IN THE U.S. NAVY



Increasing knowledge about risk factors can assist with the identification and recognition of the warning signs of suicide. The acronym **SAILOR** is utilized to describe the behavioral and psychological risk factors often associated with self-destructive and suicidal behavior. Awareness and recognition of these risk factors may help save a shipmate's life!

- S** - **SAD** A sailor who is depressed and sad, with feelings of hopelessness, helplessness, and worthlessness is at risk.
- A** - **ALCOHOL** Sailors who abuse or are addicted to alcohol are at greater risk for suicide.
- I** - **ISOLATION** Sailors who are alone and isolated and are without peer, social and religious support may be at risk.
- L** - **LOSS** Sailors who have lost someone (especially a significant other and/or romantic relationship) or something meaningful in their lives may be at risk for suicide.
- O** - **ORGANIZED PLAN** The Sailor with a specific detailed plan using an available lethal method is at high risk.
- R** - **RATIONAL THINKING LOSS** Suicide risk is high for Sailors when their judgment and thought processes are impaired.

TAKE ACTION and SAVE LIVES!
