



Test Your Suicide Knowledge

Health Promotion Program
Navy Environmental
Health Center



True or False?

Adults often commit suicide out of the blue and without any warning.



Correct Response: *False!*

Most individuals (75-80%) have given definite clues and warning signs of their suicidal intentions.

Often we may overlook or not take seriously someone's talk of suicide!



True or False?

Suicides occur in the greatest numbers around the holidays.





Correct Response: *False!*

The myth that most suicides occur around the holidays continues...

Suicide is a 365 day problem that can and does occur anytime.

There is no data to support the holiday suicide season.

True or False?

Talking about suicide with someone plants the seed for suicide.





Correct Response: False!

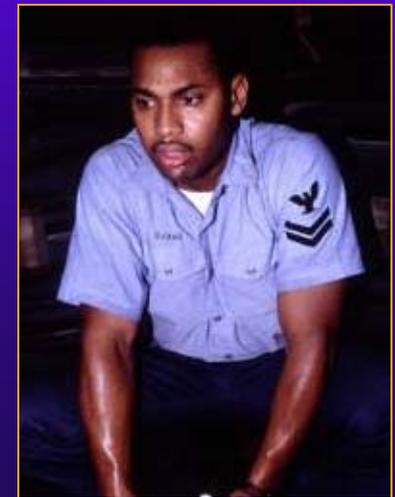
Bringing up the issue of self harm and discussing suicide does not introduce the idea to an individual!

Actually talking about suicide can be helpful and may save a life!

Often others have thought about suicide and may wish to talk with you and others about their pain and difficulties.

Who is at risk for suicide?

- A. Senior Enlisted
- B. Junior Enlisted
- C. Officers
- D. Civilians
- E. All of the Above

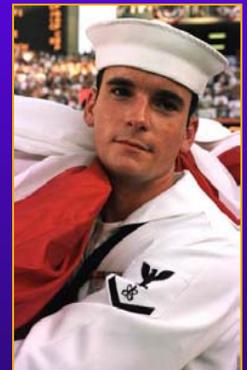


Answer: All of the above!

No one is immune from suicide!

Suicide strikes all ranks and all ages!

Suicide occurs among the rich and the poor, males and females, military and civilians...





Select the *Correct* response

- A.** Suicide is expected in cases of severe hardship.
- B.** Suicide is influenced by the weather.
- C.** Sometimes a minor event may push a person into suicidal behavior.
- D.** None of the above.



C is the correct response!

A special event/situation that has personal meaning may result in a loss of status, prestige, or perceived face. The individual may believe that they have no other available options.

Suicides are not influenced by the weather!

Suicide is not a viable solution for anybody with hardships, difficulties or problems...

If someone is suicidal, where should they go for help?

- A. Home**
- B. Medical**
- C. Chaplain**
- D. B and C**





D is the *correct* response!

Someone who is thinking about suicide needs immediate assistance and intervention!

Your job is to go with them to see the Chaplain and/or to the Medical Clinic to get help!

Taking the appropriate action to prevent suicide and to save lives is what shipmates do!



What does the *DON Suicide Prevention Program* recommend to help someone who is suicidal?

- A. Rescue
- B. QPR
- C. Aid Life
- D. None of the above



Correct Answer is C!

Ask – Do not be afraid to ask.....

Are you thinking about hurting yourself?
Are you thinking about suicide?

Intervene – Immediately --- Take action NOW!

Don't – Keep it a secret!

Locate **HELP** – Contact Watch/duty, Doctor, Nurse,
Corpsman, Chaplain, Friend, Family,
Hospital

Inform – Chain of Command of the situation.

Find – Someone to stay with the person -
Don't leave the person alone!

Expedite – Get help NOW! A suicidal person needs
immediate attention!



High Risk Factors for Suicide in the Navy are

- A. Talk about suicide**
- B. Depression**
- C. Previous suicide attempts**
- D. Substance abuse**
- E. All of the above**





Answer: All of the Above!

Mental health problems are key risk factors as they make people more vulnerable for possible suicide!

Psychological problems affect one's thinking, judgment, moods and behavior.





Suicide High Risk Factors

Persons who have made previous suicide attempts or who are talking about suicide are at risk!

Individuals with a history or current problems with depression and substance abuse are also

at risk for suicide.



For Further Information

AAS

www.suicidology.org

AFSP

www.afsp.org

NEHC

www-nehc.med.navy.mil/hp/suicide

NIMH

www.nimh.nih.gov/research/suicide.htm

PERS-601

www.persnet.navy.mil/pers601/

SPAN USA

www.spanusa.org

