Suicide Prevention Month



September 2017



What You Need to Know to Get Help and Give Help

Prevention Works



September is Suicide Prevention Month, which focuses on:

- Raising awareness of suicide risk among service members, veterans and family members
- Educating service members and veterans about suicide prevention and mental health resources
- Showing how individuals, friends and families can work together to support service members and veterans in times of crisis



Recognize the Warning Signs of Suicide



- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness or mood swings
- Feeling no sense of purpose, no reason for living
- Rage or anger
- Reckless or risky behavior
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

Source: Defense Suicide Prevention Office

Identify Signs of Crisis

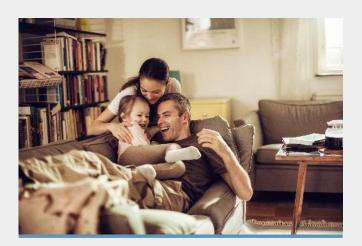


- The following signs require immediate attention:
 - Thinking about hurting or killing yourself
 - Looking for ways to kill yourself
 - Talking about death, dying or suicide
 - Self-destructive behavior such as drug abuse, weapons etc.

Seek Help for Your Mental Health



- Mental health is just as important as your physical health.
- Stigma concerning mental health can cause a person to deny symptoms and delay treatment.
- TRICARE supports your body and mind with expanded mental health services, including outpatient and inpatient care.
- You don't need a referral or prior authorization for most outpatient mental health and substance use disorder care. This includes therapy and counseling.
- You never need prior authorization to seek emergency help. Call **911** or go to the nearest emergency room.



Develop Coping Strategies



- Service members can <u>build resiliency</u> and develop coping techniques to help them through challenging circumstances.
- Manage mental health symptoms with these mind and body practices that help to reduce stress and anxiety:
 - Meditation
 - Yoga
 - Breathing exercises

Help Children Adjust, Too



- Military children and teens face unique challenges and stressors that may increase their risk for mental health conditions.¹
- Adolescents from military families are more likely to report suicidal ideation than those not from military families.^{2, 3}
- Children whose parent(s) deploy show increased anxiety, misconduct and depressive symptoms.⁴
- Signs that children are under stress vary by age⁵:
 - Young children may exhibit anger or inability to pay attention.
 - School-age children may exhibit higher levels of fear and anxiety. School performance may be negatively affected.

Resources for Children



 Visit Military OneSource for resources to help youth and teens through moves, deployments, new schools and more.



 If your child needs medical help, you don't need a referral to seek TRICARE mental health services.

Help is Available



- If you or someone you know may be considering suicide, seek immediate help.
 - Call 911 or go to the emergency room
- Free, confidential help is available 24/7 through the Military Crisis Line (also known as Veterans Crisis Line and National Suicide Prevention Lifeline)
 - Dial 1-800-273-8255 and Press 1 to talk to someone
 - Chat <u>online</u> or send a text to 838255
 - Visit <u>www.militarycrisisline.net</u>



#BeThere for Yourself and Others



- #BeThere is a new Department of Defense campaign with a peer support call and outreach center for service members and families.
 - Call 1-844-357-7337 or text 1-480-360-6188
 - Visit and chat at <u>www.betherepeersupport.org</u>
- Everyone has a role to play in suicide prevention.
- Everyday connections make a big difference in preventing suicide.
- You don't need special training to talk to someone in crisis.



Find Suicide Prevention Resources



- Additional suicide prevention resources and programs:
 - Suicide Prevention Lifeline
 - Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury
 - Give an Hour
 - Make the Connection
 - Military OneSource
 - National Center for PTSD
 - National Resource Directory

Citations



- 1. Aranda, M.C., Middleton, L., Flake, E., & Davis, B.E. (2011). Psychosocial Screening in Children With Wartime-Deployed Parents. Military Medicine, 402-407.
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- 3. Gilreath, T. D., Wrabel, S. L., Sullivan, K. S. Capp, G. P., Roziner, I., Benbenishty, R., Astor, R. A. (2016). Suicidality Among Military-Connected Adolescents in California Schools. European Child & Adolescent Psychiatry. 25 (1), 61–66.
- 4. Gewirtz, A., Pinna, K., Hanson, S., & Brockberg, D. (2014). Promoting Parenting to Support Reintegrating Military Families: After Deployment, Adaptive Parenting Tools. National Institute of Health, 11(1): 31-40.
- 5. Department of Defense. Report to Congress on the Impact of Deployment of Members of the Armed Forces on Their Dependent Children. (October 2010).