



Suicide Prevention and Intervention

♥ Ask, Care, Escort (ACE)

One Soldier or Civilian lost is one too many. You are not alone. There is support.

Commanders, leaders, Soldiers, Army civilians at all levels and their Families share the responsibility for preventing suicides within the ATEC community. Through leadership, education and respect for each other, we can reduce and/or eliminate the stigma associated with seeking help for suicidal ideations and actions.

Everyone can help prevent suicide. Know how to recognize common risk factors including chronic pain; feelings of guilt, anger, or shame; exposure to trauma; a sense of hopelessness; relationship problems; and posttraumatic stress disorder. If you are experiencing any of these behaviors or notice them in friends and family who have served in the military, encourage them to seek help right away.

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.

Responders are standing by to help. If you are a Veteran or servicemember or know someone who is experiencing any of these signs, call the Military Crisis Line immediately at 1-800-273-8255. Press 1 to talk to someone NOW. Text to 838255. They provide confidential help for you and your family.

Think you may be at risk? Take the [Veterans Self-Check Quiz](#) now!

What's New in Army Suicide Prevention

- [2020 Army Strategy for Suicide Prevention](#), 1 Oct 2012
- Mobile Apps that help you relax... [learn more](#)
- [Army Suicide Awareness Guide for Leaders](#)
- [2012 National Strategy for Suicide Prevention](#)

EMERGENCY SERVICES: CALL 911

Military Crisis Line: 1-800-273-8255 or text 838255

Harford County Crisis Team: 410-638-5248;
Pager: 410-588-1017

APG: 410-306-0501

Harford Memorial: 443-843-5500

Upper Chesapeake: 443-643-2000

PREVENTION / INTERVENTION RESOURCES

National Suicide Hotline: 1-800-SUICIDE, (784-2433)

Military One Source: 1-800-342-9647

The Defense Center of Excellence (DoCOE):
1-800-966-1020

APG RESOURCES

APG Suicide Prevention Program: 410-278-7779

APG Garrison Chaplain: 410-278-4333

APG On-Call Duty Chaplain: (CALL SDO/EOC)
410-306-4736

APG Employee Assistance Program: 410-278-5319

Kirk Behavioral Health Clinic: 410-278-1715

ATEC HQ Command Chaplain:
(O) 443-861-9405/9886; (C) 443-643-6598; RM A30

ATEC Wellness RN: 443-861-9260; RM B348

APG Local Community Resources:
Perry Point VA Medical Center, 410-642-2411

Military
Crisis Line



1-800-273-8255
PRESS 1





Friends.
Family.



It Matters.

We're in this together.

Recognize, Report, Rely on a friend

Risk Factors

- Hopelessness, feeling like there is no way out
- Impulsive and/or aggressive tendencies
- Anxiety, agitation, sleeplessness, or mood swings
- Rage or anger
- Engaging in risky activities without thinking
- Alcohol and other substance use disorders
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt
- Family history of suicide
- Withdrawing from family and friends
- Job or financial loss
- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders & certain personality disorders
- Relationship troubles/Loss of relationship
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of health care, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma

Recognizing the Signs

Many Veterans may not show any signs of intent to harm themselves before doing so, but some actions can be a sign that someone needs help. Those in crisis may show behaviors that indicate a risk of harming themselves. Persons considering suicide often show signs of depression, anxiety, low self-esteem, and/or hopelessness, such as:

- Appearing sad or depressed most of the time
- Clinical depression: deep sadness, loss of interest, trouble sleeping and eating—that doesn't go away or continues to get worse
- Feeling anxious, agitated, or unable to sleep

- Neglecting personal welfare, deteriorating physical appearance
- Withdrawing from friends, family, and society, or sleeping all the time
- Losing interest in hobbies, work, school, or other things one used to care about
- Frequent and dramatic mood changes
- Expressing feelings of excessive guilt or shame
- Feelings of failure or decreased performance
- Feeling that life is not worth living, having no sense of purpose in life
- Talk about feeling trapped—like there is no way out of a situation
- Having feelings of desperation, and saying that there's no solution to their problems

Their behavior may be dramatically different from their normal behavior, or they may appear to be actively contemplating or preparing for a suicidal act through behaviors such as:

- Performing poorly at work or school
- Acting recklessly or engaging in risky activities—seemingly without thinking
- Showing violent behavior such as punching holes in walls, getting into fights or self-destructive violence; feeling rage or uncontrolled anger or seeking revenge
- Looking as though one has a “death wish,” tempting fate by taking risks that could lead to death, such as driving fast or running red lights
- Giving away prized possessions
- Putting affairs in order, tying up loose ends, and/or making out a will
- Seeking access to firearms, pills, or other means of harming oneself

(This list was adapted from [“Understanding Risk and Protective Factors for Suicide”](#) and “Risk and protective factors for suicide” by the Suicide Prevention Resource Center; content on the [Veterans Crisis Hotline homepage](#); and [Learn to Recognize the Signs.](#))

