

ACT NOW!

A Ask



C Care

T Treat & Transport

Ask if they are thinking about Suicide

Acknowledge their talk, behavior and feelings!

Let the individual know you care and understand

Listen and care about what is troubling them

Care if a shipmate has a plan for suicide

Obtain professional help ASAP for Shipmate

Call 911/Medical

Take Person to Emergency Room

Do not leave person alone – NEVER EVER!!!



Helping Resources

Naval Hospital

Mental Health
Clinic

Chaplains

Fleet & Family
Support Center

Marine Corps
Community Services

Military One Source

1-800-342-9647

National Help Line

1-800-784-2433

It is okay to get help!
Life Counts!

ACT NOW!!

Preventing Suicide



MARINE CORPS AIR STATION IWAKUNI
Community Counseling Program
Building 411, Room 201
Iwakuni, Japan
FPO AP 96310
☎ 253-6553
☎ 011-81-611-753-6553



*Suicide Prevention is
Everyone's' Business!*

INFORMATION

Who Is At Risk? for Suicide

- Young
- Single
- Male
- Enlisted
- Active Duty
- Family
- Old
- Married
- Female
- Officer
- Reservists
- Friends



TO



**The second or third
leading
cause of death
in the
Marine Corps
and the Navy during the
past 10 years.**



*It takes all of us to
Prevent Suicide!*

KNOW

Warning Signs Of Suicide!

- Talk or hints of Suicide
- Depressed/Anxious Mood
- Impulsive Anger
- Substance Misuse or Abuse
- Relationship Difficulties
- Legal Troubles
- Financial Problems
- Performance and Work Difficulties
- Transition Issues
- Isolation and Withdrawal
- Changes in Behaviors

