

SUICIDE

PREVENTION & AWARENESS

22 SUICIDES A DAY



Rates per 100,000

Army 23

Marines 23.1

Air Force 14.4

Navy 13.4

~2013 DOD

Suicide Event Report

AT GREATEST RISK...



Young, White males (75%)

17-24 years of age (42%)

2/3 deployed (changed from previous yrs).

Direct combat (15%)

2/3 saw a doctor w/ 3 months of completing the act

Less than 1/2 had mental health diagnosis

Less than 1/3 left any kind of plans or letters about what they planned to do.

More than 1/2 were married and had access to a firearm

22 service members had RX for multiple medications

12 had diagnosed brain injuries

PRECIPITATING FACTORS

Post-Traumatic Stress Disorder (PTSD)

Traumatic Brain Injury (TBI)

Military Sexual Trauma (MST)

Mental Health Issues

Relationship issues

Substance abuse

Financial issues

SIGNS & SYMPTOMS

TRAINING
EDUCATION
AWARENESS
PREVENTION

SEEKING ASSISTANCE

SEEKING OUT PROFESSIONAL HELP

KNOWING WHAT TO ASK

KNOWING THAT YOU ARE NOT ALONE

THE FEELINGS YOU HAVE ARE NOT PERMANENT

RESOURCES

NAT. SUICIDE PREVENTION HOTLINE 800-273-8255 (TALK)

[HTTP://WWW.SUICIDE.ORG/SUICIDE-HOTLINES.HTML](http://www.suicide.org/suicide-hotlines.html)

[HTTP://WWW.MILITARYONESOURCE.MIL](http://www.militaryonesource.mil)

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