



COMBATING SUICIDE-PROTECTIVE FACTORS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

<p>Combating Suicide: Individual Soldier Protective Factors</p> <ul style="list-style-type: none">➤Talk to your chaplain about cultural and religious beliefs that discourage suicide and support self-preservation➤Ask an MFLC for help with Coping/Problem Solving Skills – ranging from controlling anger to conflict resolution➤The Army Values as reasons for living – take pride in living by them	<p>Fort Bliss Protective Factors</p> <ul style="list-style-type: none">➤AER, Chapel Services, BOSS, Fort Bliss Group Exercise Facility, Military and Family Life Consultants (MFLC)➤Skills to recognize and respond to signs of risk – Ask, Care, Escort (ACE) Training, Applied Suicide Intervention Skills Training (ASIST) – Unit Gatekeepers
<p>Unit/Troop Protective Factors</p> <ul style="list-style-type: none">➤Unit cohesion – it’s not every Soldier for themselves... teamwork will occur under all conditions – your chain of command is here for you!➤Battle buddy – Living the Soldiers’ Creed – being there – “I WILL....”➤Caring leadership – fostering and maintaining a command climate that preserves and protects every Soldier	<p>Remember these are only some of your available protective factors to lessen the risk of suicidal behavior – what others come to mind???</p> <p>Add on a Positive/Optimistic Attitude</p> <p>ENSURE THE ARMY VALUES UNDERPIN YOUR EVERY ACTION IN AND OUT OF THE BOX!</p>