



COMBATING SUICIDE-PROTECTIVE FACTORS

TASK: Leaders teach Soldiers protective factors that may reduce the likelihood of suicide.

CONDITIONS: Discussion – Question based

STANDARDS: Understand how protective factors enhance resilience and reduce suicidal thinking and behavior.

REFERENCE(S): Unit trained Gatekeepers IAW AR 600-63, para 4-4.j. and AKO SP:

<https://www.us.army.mil/suite/page/334798>.



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Individual Soldier Protective Factors:

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 choosing to live by them.

Remember the above as only some of your available protective factors to lessen the risk of suicidal behavior – what others come to mind???



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Fort Bliss Protective Factors:

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.

THERE ARE VARIOUS PROTECTIVE FACTORS,
INCLUDING, INDIVIDUAL, UNIT/TROOP, FORT BLISS
AND ALSO A POSITIVE/OPTIMISTIC ATTITUDE



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Unit/Troop Protective Factors:

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 Soldiers.

FORT BLISS UNITS/TROOPS ENSURING THE ARMY VALUES UNDERPIN THEIR EVERY ACTION IN AND OUT OF THE BOX!