



SUICIDE WARNING SIGNS AND RISK 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)

Warning signs of suicide?

(First, explain there is no definite measure or answer to predict suicide...these signs might and might not be – there is no “one size fits all” answer as any Soldier can be at risk.) Ask Soldiers what they think are the warning signs and discuss the following:

- Talk of suicide or killing someone else
- Giving property away
- Withdrawal from friends and activities
- Relationship problems
- Financial problems
- Soldier in trouble (UCMJ)

Pick any of the above. Might this be a reason for suicide? Might this not be a reason? Might some combine and cause them to think about suicide?

Soldiers with Risk factors are at a greater potential for suicide.

These might place Soldiers at higher risk – but very few with these risk factors attempt or complete suicide.

- Relationship problems, divorce, etc.
- Work-related problems
- Depression
- History of Previous Attempts
- Family history of suicide
- Setbacks in career

Pick any of the above. Might this be a reason for suicide? Might this not be a reason? Might some combine and cause them to think about suicide? When they see **no way out**.

Thinking is slim/tight...Soldier sees situation as all bad. Predominate emotions are **HOPELESSNESS AND HELPLESSNESS**.