



The Defense Suicide Prevention Office (DSPO) was established in 2011 in response to the Defense Health Board Task Force.

MISSION

DSPO provides advocacy, program oversight and policy for the Department of Defense (DoD) suicide prevention, intervention and postvention efforts to reduce suicidal behaviors in Service members and their families.

VISION

Actively engage and partner with the Military Services, other Governmental Agencies Non-Governmental Agencies and the community to reduce the risk for suicide for Service members, their families and DoD Civilians.

The DoD integrates a holistic approach to suicide prevention, intervention and postvention using a range of medical and non-medical resources.

★ YOU'RE STRONG. YOU'RE READY. ★
YOU'RE ESSENTIAL

RESOURCES

NON-CRISIS: **MILITARY ONE SOURCE** Call. 800-342-9647
Click. www.MilitaryOneSource.mil
Connect. 24/7

CRISIS:  **Veterans Crisis Line** | **Military Crisis Line** 
1-800-273-8255 **PRESS 1**

Make it Your Mission to...
#BeThere

DEFENSE SUICIDE PREVENTION OFFICE

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DoD PUBLIC HEALTH APPROACH TO SUICIDE PREVENTION

The Department of Defense (DoD) suicide prevention efforts leverage a holistic public health approach. This approach involves continuous surveillance of known risk and protective factors in an effort to assist individuals and populations most at risk and a host of targeted interventions. The DoD also evaluates the effectiveness of these interventions, and makes adjustments to the models as new research emerges.

TOP RISK FACTORS FOR SUICIDE

ACCESS TO LETHAL MEANS

Approximately 70% of military suicide deaths RESULT FROM A FIREARM, as compared to 47% for civilians

INEFFECTIVE LIFE AND COPING SKILLS

Approximately 42% of Service members were EXPERIENCING SIGNIFICANT RELATIONSHIP PROBLEMS prior to dying by suicide

FALL FROM GLORY

Approximately 33% of Service members were EXPERIENCING LEGAL PROBLEMS or a HUMILIATING EVENT within 90 days of dying by suicide

MENTAL HEALTH PROBLEMS

Approximately 40% of Service members who died by suicide had MENTAL HEALTH PROBLEMS

