MISSION AND VISION

Mission:
Advance holistic, data-driven suicide prevention in our military community through policy, oversight, and engagement to positively impact individual beliefs and behaviors, as well as instill systemic culture change.

Vision:
Unwavering pursuit of a mission-ready, suicide-free military community.

VISIT US AT
www.dspo.mil

DEFENSE SUICIDE PREVENTION OFFICE
facebook.com/DSPOmil twitter.com/DSPOmil
instagram.com/DSPOmil

RESOURCES
FOR EVERYDAY LIFE CHALLENGES

RISKS & WARNING SIGNS
HOW TO HELP

People who talk about suicide aren’t serious; they won’t actually attempt suicide.

Studies show that about half of those who die by suicide gave some warning about what they had planned.

Once people decide to die by suicide, there is nothing you can do to stop them.

Suicide can be prevented and most people who are suicidal don’t want to die, they want to stop their pain.

Make it Your Mission to...
#BeThere

DEFENSE SUICIDE PREVENTION OFFICE
800-342-9647
www.MilitaryOneSource.mil

Veterans Crisis Line | Military Crisis Line
1-800-273-TALK (1-800-273-8255)
Dial 911

MYTH
FACT

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### Top Risk Factors for Suicides

**Access to Lethal Means**
More than 65% of military suicide deaths involve the use of a firearm.

**Relationship Challenges**
Approximately 40% of active duty Service members experienced a failed or failing relationship 90 days prior to suicide death.

**Fall from Glory**
Approximately 30% of active duty Service members experienced administrative or legal problems in the 90 days prior to suicide death.

**Perceived Stigma**
Hesitancy to access mental health or other support services due to perceived stigma associated with help-seeking.

**How To Help Someone in Suicidal Crisis**
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expression of feelings. Accept the feelings.
- Be non-judgmental. Don’t debate whether suicide is right or wrong, or whether feelings are good or bad. Don’t lecture about the value of life.
- Get involved. Become available. Show interest and support.
- Offer hope that alternatives are available, but do not offer general reassurance such as “It will get better,” or “It could be worse.”
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

- Don’t dare him/her to do it.
- Don’t act shocked. This will put distance between the two of you.
- Don’t be sworn to secrecy. Seek help.

Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).