



SUICIDE PREVENTION

WARNING SIGNS

- Talking about wanting to die or kill oneself.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or not knowing a way out of current situation.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too much or too little.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

WHAT TO DO

- Recognize distress and warning signs
- Ask open-ended questions
- Lend support, listen, and share your concern
- Do not leave the Marine or Sailor alone
- Seek help right away
- Most importantly if you have any concern, **TAKE ACTION!** You may not get a second chance to save a life.

GET HELP NOW



National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Press 1 for Military Crisis Line
www.suicidepreventionlifeline.org



DSTRESS Line
A place to talk 24/7
☎ 1-877-476-7734
LIVE CHAT dstressline.com



DCoE Outreach Call Center 24/7
☎ 1-866-966-1020
✉ resources@dcoeoutreach.org
LIVE CHAT realwarriors.net/livechat



Marine & Family Programs Community Counseling Program
Weekdays (except federal holidays), 0730 - 1630
☎ 703-614-7204
www.mccsHH.com/ccp.html

Unit Suicide Prevention Officer ☎

703-859-4891

Unit Chaplain ☎

818-564-3546