



# 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](http://www.suicidepreventionlifeline.org)



DSTRESS Line  
A place to talk 24/7  
☎ 1-877-476-7734  
LIVE CHAT [dstressline.com](http://dstressline.com)



DCoE Outreach Call Center 24/7  
☎ 1-866-966-1020  
✉ [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)  
LIVE CHAT [realwarriors.net/livechat](http://realwarriors.net/livechat)



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

Unit Suicide Prevention Officer ☎ \_\_\_\_\_

Unit Chaplain ☎ \_\_\_\_\_