

DARE TO CARE

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SAVE A LIFE

Provide **AID**:

ASK - Don't be afraid to ask, "Are you thinking about hurting yourself?"

INTERVENE - Immediately.

DON'T - Keep it a secret.

Save a **LIFE**:

LOCATE - Staff Duty Officer, chaplain, doctor, nurse, friend, family crisis line, hospital emergency, 911

INFORM - Chain of Command

FIND - Someone to stay with him/her, **NEVER** leave the person alone.

EXPEDITE - Get help immediately. A suicidal person needs immediate attention by helpers.

**You Have Our Full Support
We're Counting On You**

LTG Soriano

CSM Wheeler

Suicide Risk Factors

1. Recent relationship breakup
2. Legal or financial difficulties
3. Increased use of alcohol/drugs
4. Experienced significant losses
5. Appears depressed
6. Appearance or behavior changes
7. Giving away possessions
8. Deliberately injures self
9. Talks about wanting to die
10. Threatens suicide

**For Help Call: 967-0015
Emergency: 911**

Hotline

1-800-SUICIDE (1-800-784-2433)

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