

## **YOU ARE NOT ALONE!**

Suicide is a public health problem that affects all of us, our units, families, the enterprise and country. It has no single cause, and indicating otherwise implies an overly simplistic and misleading understanding of suicide.

Risk factors are those factors that may make it more likely individuals will develop or pre-dispose one to high-risk for self-injurious behaviors, to include feelings of disconnection, burdenedness, substance use, access to lethal means, fear of accessing support/help, or isolation.

Protective factors are those skills, strengths or resources that help people deal more effectively with stressful events—can include family, our occupations, a sense of connectedness, spirituality, a sense of purpose, optimism, a sense of agency, engagement in treatment or supportive services. Protective factors enhance resilience and help to counterbalance risk factors.

Risk and protective factors, like all of us, are dynamic.

### **How can the Employee Assistance Program Coordinator (EAPC) help?**

- ◆ Promotes suicide prevention awareness
- ◆ Manages the suicide response protocol
- ◆ Provides resiliency training
- ◆ Provides/coordinates SafeTalk and Applied Suicide Intervention Skills training (ASIST)
- ◆ Coordinates with the “Network of Care” and provides resources and referrals to aid employees in navigating their health & wellness journey

## **Suicide Is Preventable!**

### **Risk Factors**

#### **Access to Lethal Means**

- ◆ Many suicide deaths involve the use of a firearm

#### **Relationship Challenges**

- ◆ Experience a failed or failing relationship
- ◆ Does not feel a part of the group or organization
- ◆ Bullying
- ◆ Transfers or moves

#### **Fall from Glory**

- ◆ Experience administrative or legal problems
- ◆ Financial trouble

#### **Perceived Stigma**

- ◆ Hesitancy to access mental health or other support services due to perceived stigma associated with help-seeking

## **Ask, Care, Escort (ACE)**

ACE is proven to make a lifesaving difference in critical moments when a person is considering suicide.

**Ask.** the question directly “Are you thinking about killing yourself?” Talking about suicide does not encourage suicide. Silence is dangerous. Being able to openly address these thoughts and behaviors can help prevent loss.

**Care.** Be genuine, express authentic concern. This doesn’t mean you have to have the solutions or answers. You just have to see & hear someone.

**Escort.** Never leave the person experiencing difficulty or crisis alone. Connect them to the professionals within the “Network of Care.”

## **“Network of Care”**

### **The Team That Cares About You!**

- ◆ Friends & Family
- ◆ Mentors
- ◆ Chaplains
- ◆ Health care professionals
- ◆ Work-Life professionals
- ◆ Employee assistance professionals
- ◆ CG SUPRT
- ◆ National Suicide & Crisis Lifeline
- ◆ Veterans Crisis Line



### **Protective Factors**

- ◆ Build your resilience
  - √ Proper diet
  - √ Rest
  - √ Exercise regularly
  - √ Practice relaxation methods: Mindfulness, muscle relaxation, breathing exercises, meditation, stretching, yoga, prayer, music, or time in nature
  - √ Do things that you enjoy doing
- ◆ Think positive
- ◆ Avoid drinking too much or mixing alcohol and medications
- ◆ Avoid spontaneous spending
- ◆ Take a break from the news or social media, or any other stressful activity
- ◆ Stay connected. Seek support from your “Network of Care.” Support from friends and family can improve well-being when facing stress



## You Can Help!

### IT IS AN ALL HANDS, EVERY DAY EFFORT

You don't need special training to talk about suicide or show genuine concern for someone in a crisis, but if you want to learn more about how to recognize and talk with someone in crisis, and techniques to safely intervene, training is available.

#BeThere

## Available Training

Contact your Chaplain or Employee Assistance Program Coordinator (EAPC) to learn more about these trainings:

- ◆ CG Learning Management System (LMS) online general military training (GMT). Workforce Resilience provides general Suicide Prevention training.
- ◆ CG SUPRT online or in-person Suicide Awareness & Understanding training.
- ◆ Start. A 1-hour online course to teach you how to recognize when someone is thinking about suicide and how to connect them to help and support.
- ◆ SafeTalk. A 4-hour workshop, developed by LivingWorks, to teach you how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.
- ◆ Applied Suicide Intervention Skills Training (ASIST). A 2-day workshop, developed by LivingWorks, to teach you how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

 **LIVINGWORKS**  
www.livingworks.net

## RESOURCES

IT IS OK TO ASK FOR HELP



1-855-247-8778 / 855-CG SUPRT

[www.cgsuprt.com](http://www.cgsuprt.com)

### Chaplains

<http://www.uscg.mil/chaplain/locations/>

(o):

(c):

### Medical

Emergency: 911

### Work-Life Office

To contact the USCG Work-Life staff nearest you, call 1-202-475-5100.

### Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org

### Veterans Crisis Line

Call 1-800-273-8255 (Press 1) or Text 838255

Chat: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

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**UNITED STATES  
COAST GUARD**

**Suicide Prevention  
&  
Awareness Program**

