

Suicide Prevention Awareness

Suicide Prevention Awareness (SPA) provides information for veteran/military personnel who see others struggling, withdrawing from social contact, anxious or depressed which potentially can lead to thoughts of suicidal ideations.

Courage Through Action helps provide encouragement & support during times of crisis by creating safe and open communication.

Why/Reason: Deliver messages that gives hope and belonging. This requires courage and commitment to take necessary action.

How/Action: Educate people about suicide to not be afraid to reach out and ask, *“you haven’t been yourself lately, is everything ok?”*

What/Result: A change in a person’s attitude to create hope through communication and action.

Suicide Prevention Awareness focuses on people in distress who typically communicate their despair and helplessness, either in word or behavior before making a suicide attempt.

Through SPA learning, its signs, causes and solutions for prevention, we become better prepared to keep officers safe now and into the future

Research shows many people who are contemplating suicide give warning signs - verbal, written or behavioral. By recognizing these signs for help and offering hope, suicide can be prevented.

SPA Prevention Awareness

Aware - Be attentive to what people are saying as well as not saying and doing.

Ask - If you feel someone is struggling, trust your gut and ask them directly, don’t wait, start the conversation, and **ASK** a question.

- *“Got a minute, I’d like to ask you something?”*
- *“Have you been struggling lately?”*
- *“I’d like to understand what’s going on.”*
- *“Have you been thinking about suicide?”*

Act - After asking questions, help create a safety plan by saying, *“how about I help you find someone to talk with?”* or *“is there a partner, friend or relative we can reach out to?”*

Follow-up - This can make a big difference, regardless how the conversation went. Here are some ways to follow-up:

- Phone call
- Text message
- Visit home/Apt.
- Email

When you make contact ask:

- *“Wanted to follow-up to see how you’re doing.”*
- *“Did you hear back from the people we contacted the other day?”*

COURAGE
through **ACTION**