

Suicidal Behaviors -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<ul style="list-style-type: none"> <input type="checkbox"/> Common indicators of distress <input type="checkbox"/> Current/pending disciplinary or legal action. (see investigative handoff and Limited Privilege Suicide Prevention program). <input type="checkbox"/> Relationship problems. <input type="checkbox"/> Substance abuse. <input type="checkbox"/> Financial problems. <input type="checkbox"/> Work related problems. <input type="checkbox"/> Transitions (retirement, PCS, separation, etc.). <input type="checkbox"/> A serious medical problem, such as chronic pain or terminal illness. <input type="checkbox"/> Significant loss, such as through death or divorce. <input type="checkbox"/> Setbacks (academic, career, or personal). <input type="checkbox"/> Stress that is severe, prolonged, and/or perceived as unmanageable. <input type="checkbox"/> A sense of helplessness, powerlessness, and/or hopelessness. <input type="checkbox"/> A sense of being a burden to others. <input type="checkbox"/> Presence of a weapon in the home. <input type="checkbox"/> History of previous suicide attempts or self-injurious behavior such as cutting or burning. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider General Wingman Actions <input type="checkbox"/> Use the ACE Model for discussing suicide. <ul style="list-style-type: none"> <input type="checkbox"/> Ask: Ask directly about thoughts of suicide without being judgmental. Accept distressed thoughts/feelings as an indication of the person's distress and need for help. <input type="checkbox"/> Care: Express care and concern for the distress the person is feeling, along with a desire to help. Accept their thoughts and feelings without being judgmental, express your desire to get them help and support them through a difficult time. <input type="checkbox"/> Escort: Escort the person to help. Don't leave them alone; get them to a medical facility, chaplain, Commander or other authority that can help. Don't ignore the problem or expect the situation to improve; act immediately to get them to help. <input type="checkbox"/> Be especially vigilant if people are facing multiple stressors. <input type="checkbox"/> Be honest and direct. <input type="checkbox"/> Always take indicators of suicide risk seriously. <input type="checkbox"/> Involve unit leaders or Security Forces if necessary to protect the person from harming himself or herself. <input type="checkbox"/> If possible, remove all potential means of self-harm from their area such as firearms, pills, knives, rope, and machinery <input type="checkbox"/> Never leave someone alone who is believed to be at risk for suicide 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider General Command Actions <input type="checkbox"/> Seek consultation from the MHC as needed if you have concerns about a potentially suicidal unit member <input type="checkbox"/> Commanders should consider referring members for a CDE (routine or emergency) as appropriate <input type="checkbox"/> Take steps to ensure the safety of the member and others <input type="checkbox"/> Maintain awareness (follow-up) of the individual's situation until the suicidal crisis is completely resolved <input type="checkbox"/> Assess needs of the individual's family as applicable