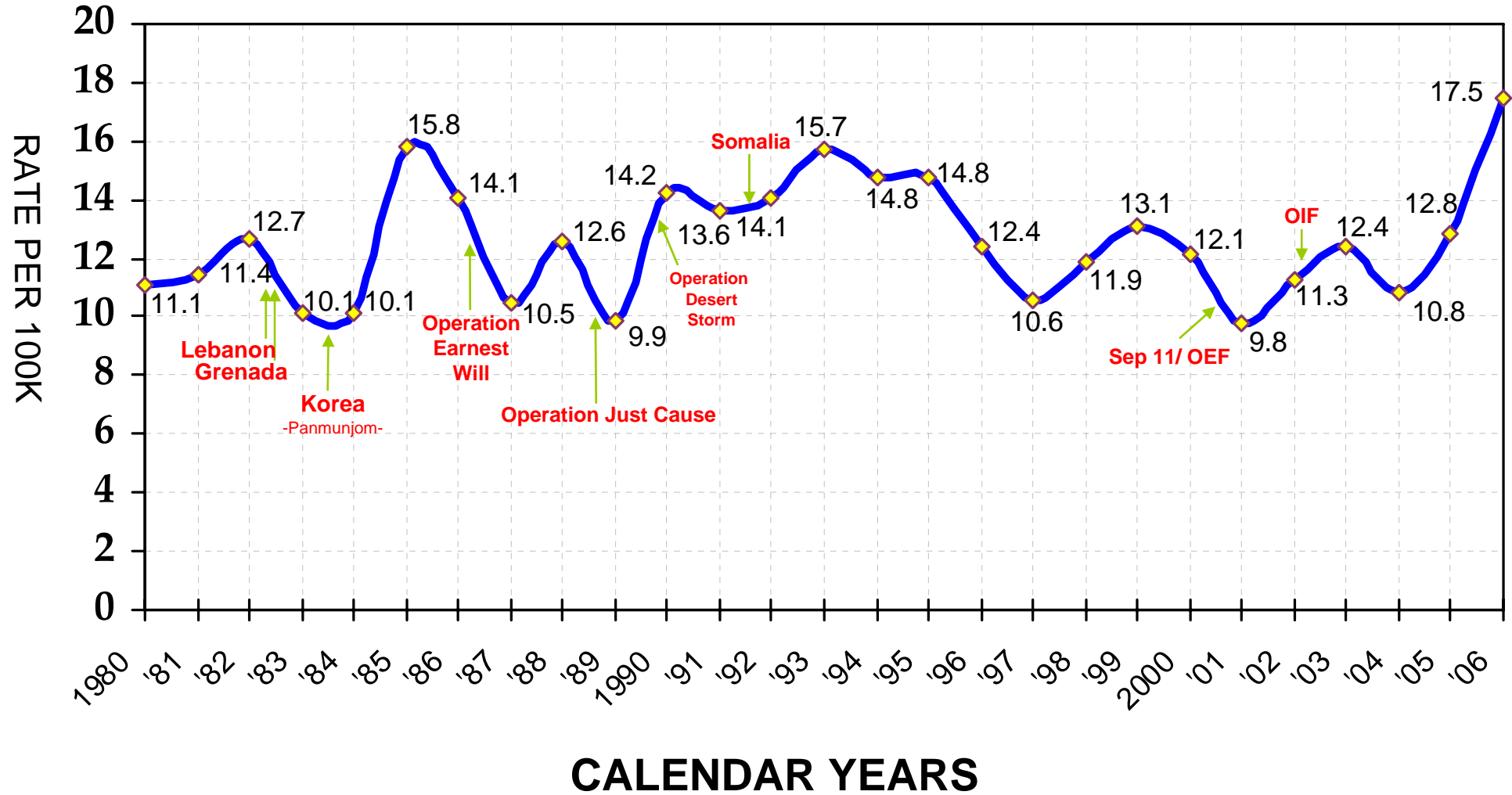






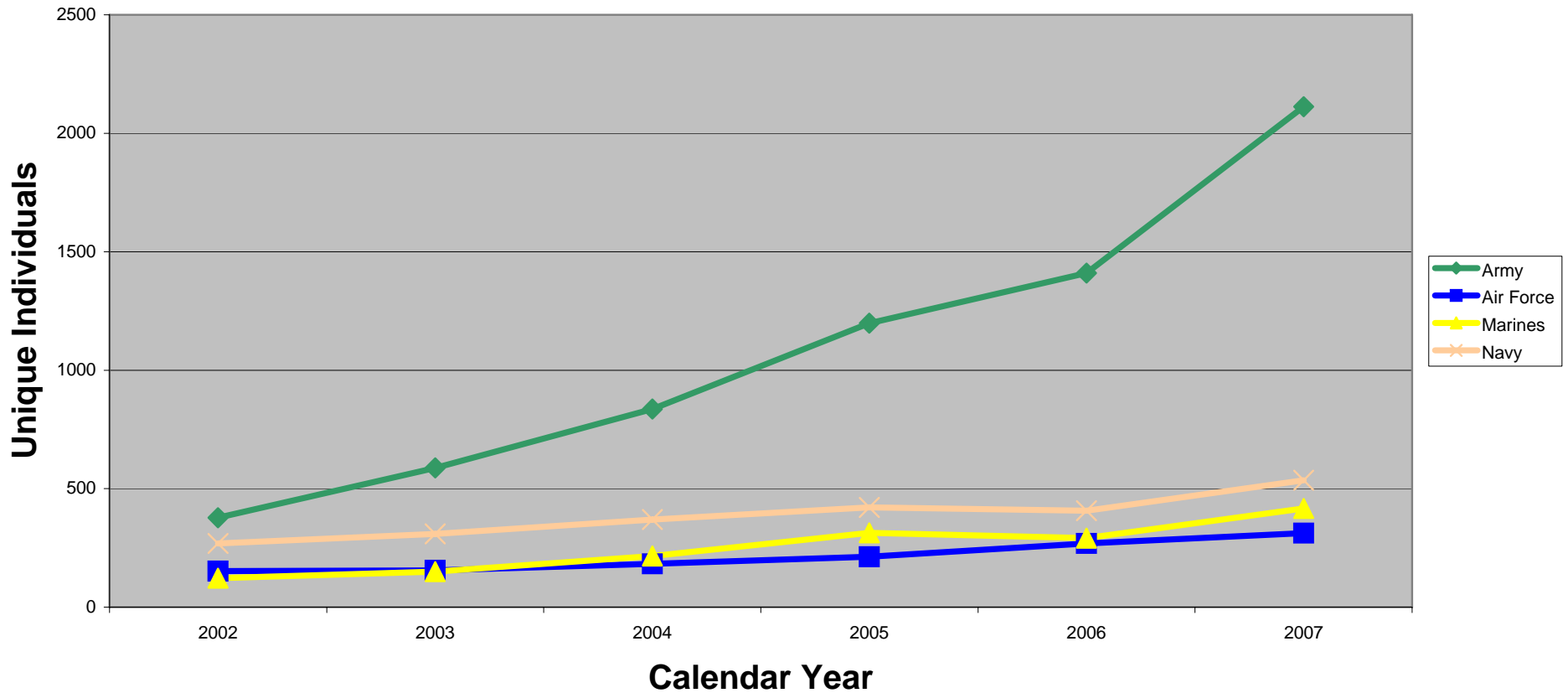
# Active Army Suicide Rates (Contingency Operations) 1980 - 2006



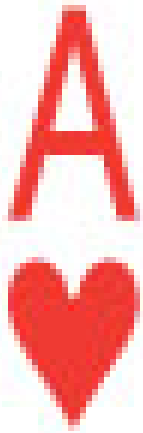


# Observations Decision Support Cell

## Overall Suicide Attempts and Self-Injury Active Duty



Some of the increase may be related to better compliance with reporting requirements or new electronic medical record (TMIP, AHLTA).



## **A**sk your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g. Are you thinking of killing yourself?

## **C**are for your buddy

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

## **E**scort your buddy

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

