JBSA Army Substance Abuse Program kicks off Suicide Prevention Month

Reported by David DeKunder
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JBSA leaders participated in a proclamation signing ceremony in observance of Suicide Prevention Month held at the JBSA-Fort Sam Houston Military & Family Readiness Center Sept. 3. Signing the proclamation were (from left) Lt. Col. Chad Humphrey, U.S. Marine Corps officer in charge, Wounded Warrior Battalion East, Detachment San Antonio; Brig. Gen. Laura L. Lenderman, 502nd Air Base Wing and JBSA commander; Rear Adm. Tina Davidson, Navy Medicine Education, Training and Logistics Command commander; Lt. Gen. Laura Richardson, U.S. Army North (Fifth Army) commander; and Cmdr. Libby Rasmussen, U.S. Coast Guard, Department of Homeland Security, Joint Task Force-West. (Photo by Tristin English)

How can I tell if someone is feeling suicidal?

Some signs a person may be suicidal:

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Talking or writing about death, dying or suicide
- Hopelessness
- Rage, anger, seeking revenge
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Feeling trapped, like there’s no way out
- Increasing alcohol and drug use
- Withdrawing from friends, family or society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic changes in mood
- No reason for living, no sense of purpose in life

How Can I #BeThere?

You don't need special training to help prevent suicide, and even simple actions of support can make a real difference to someone going through a difficult time. Here are a few simple ways:

- Call an old friend to say hello
- Send a text to check in
- Reach out and share resources
- Share stories of hope and positivity

Please see page two for article resources/references
The Virtual Hope Box (VHB) is one of the few scientifically-tested smart-phone apps designed to support service members and veterans at risk for suicide. For more information, including clinician and Veteran guides, visit:

http://t2health.dcoe.mil/apps/virtual-hope-box (Bush et al., as cited by DSPO, 2019b)

For more resources and info on prevention education and training opportunities, please contact your JBSA ASAP POCs!

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Resources/References:


