



## NEW YORK ARMY NATIONAL GUARD SUICIDE PREVENTION PROGRAM



Suicide prevention is the concern of every leader, commander, supervisor, Soldier, and Army civilian to include family members. In today's OPTEMPO environment, with mobilization a very real possibility, increasing stress with Soldiers and their families, the establishment and effective communication, of a comprehensive and responsive Suicide Prevention Program is a priority.

Commanders are responsible for integrating and synchronizing unit and community suicide prevention programs and awareness activities. Commanders must emphasize that seeking help is a strength, and not a weakness. Units should post listings of available local and national resources and outreach programs on bulleting boards and:

- \* **Schedule and Conduct** Suicide prevention training
- \* **Conduct** Awareness training for leaders.
- \* **Ensure** all unit members are aware of all assistance agencies and resources.
- \* **Take** a proactive approach toward addressing personal or emotional problems.

A list of resources is available on the ARNG Suicide Prevention Web site below. This site has reference materials, canned briefings, handouts and key phone number for help.

**GO TO:**

At top of page click on:

On left side of page click on:

Next click on:

<http://www.virtualarmory.com>

"Well Being"

"Special Programs"

"Suicide Prevention"

**Department of the Army References:**

[\(click on each\)](#)

[U.S. Army Suicide Prevention Manual](#)  
[Suicide Prevention Briefing](#)

**LIFE Lines.** These are extremely important points of contact:

- \* Emergency: 911
- \* Suicide Prevention Lifeline: 1-800-273-8255
- \* Military OneSource: 1-800-342-9647
- \* National Guard Community Center: 1-888-777-7731
- \* Wounded Soldier and Family Hotline: 1-800-984-8523

**New York Army National Guard Point of Contact:** [LTC Kelly Hilland: \(518\) 786-4525](#)