



Ask your buddy

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

Care for your buddy

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

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

USAPHC <http://phc.amedd.army.mil/>



National Suicide Prevention Lifeline:
1-800-273-8255 (TALK)

TA - 095 - 0510



**NEW YORK
NATIONAL GUARD
FAMILY PROGRAMS**



HOT SHEET

Suicide Prevention Month

September 2012

This brochure is a quick reference to Suicide Prevention and Intervention contacts and resources.

Family Programs Toll Free

1-877-715-7817

Crisis Hotline

1-800-273-TALK

Suicide Facts

Suicide is the #2 cause of death among Soldiers.

Suicides have outpaced traffic accidents, heart disease, cancer, homicide and all other forms of death (besides combat).

This year, suicides among Soldiers will likely **exceed** U.S. combat deaths in Afghanistan.

This year, 191 Soldiers have committed suicide—one Soldier per day. 25% were Guardsmen....an estimated 15% increase over 2011.

Most suicides are committed by Soldiers who have **never** deployed or are **more than** one year post-deployment.

Suicide Prevention/ Intervention Contacts Located in Latham, NY

Director of Psychological Health
Jolene Kent-Stanley
518-396-8993

Military Life Consultant
Kelly Young
518-925-4302

New York State Chaplain
Chaplain COL Eric Olsen
518-891-7435

Resilience, Risk Reduction, Suicide
Prevention (R3SP) Program Manager
1LT Karen Marotz
518-380-0365

Sexual Assault Response Coordinator
(SARC)
Adina Taluto
518-925-5954

Equal Employment Manager
CW2 Heather Langley
518-786-4733

Joint Operations Center
518-786-6104

Online Resources

TRICARE
<http://tricare.mil/mentalhealth>

Veterans Affairs Center
<http://www.vetcenter.va.gov>

NYS Office of Mental Health
<http://www.omh.ny.gov>

Vets 4 Warriors
<http://www.vets4warriors.com/>

VFW
<http://www.vfw.org/>

Family Programs
www.dmna.state.ny.us/family

Army OneSource
<http://www.myarmyonesource.com>

Military Crisis Line
<http://www.veteranscrisisline.net/ActiveDuty.aspx>

Military OneSource
<http://www.militaryonesource.mil/>

Veterans Crisis Line
<http://www.veteranscrisisline.net/>

National Suicide Prevention Lifeline
<http://www.suicidepreventionlifeline.org/>

American Association of Suicidology:
<http://training.sprc.org/>

LivingWorks Education
<http://www.livingworks.net/>

