

Frameworks/Connect Suicide Prevention Project

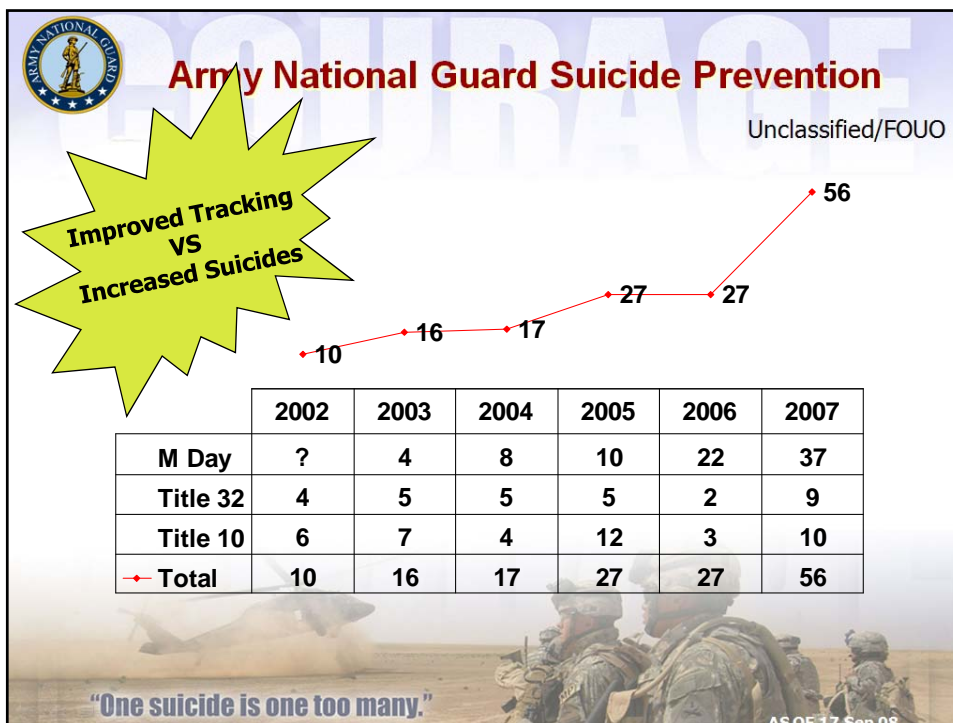
★ **An SPRC/AFSP Best Practice Program** ★

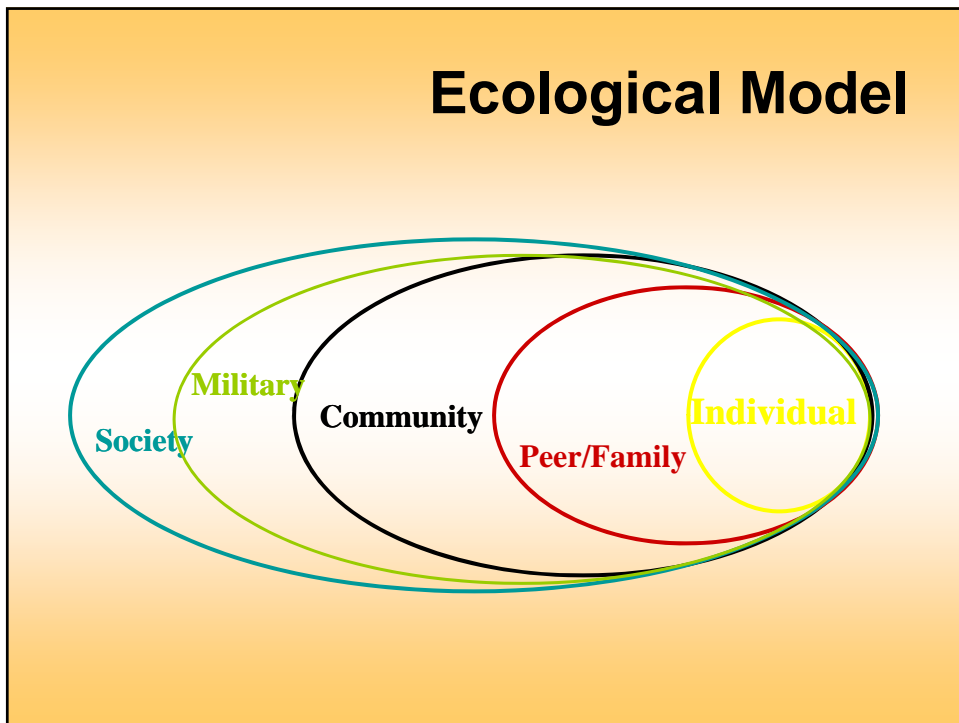
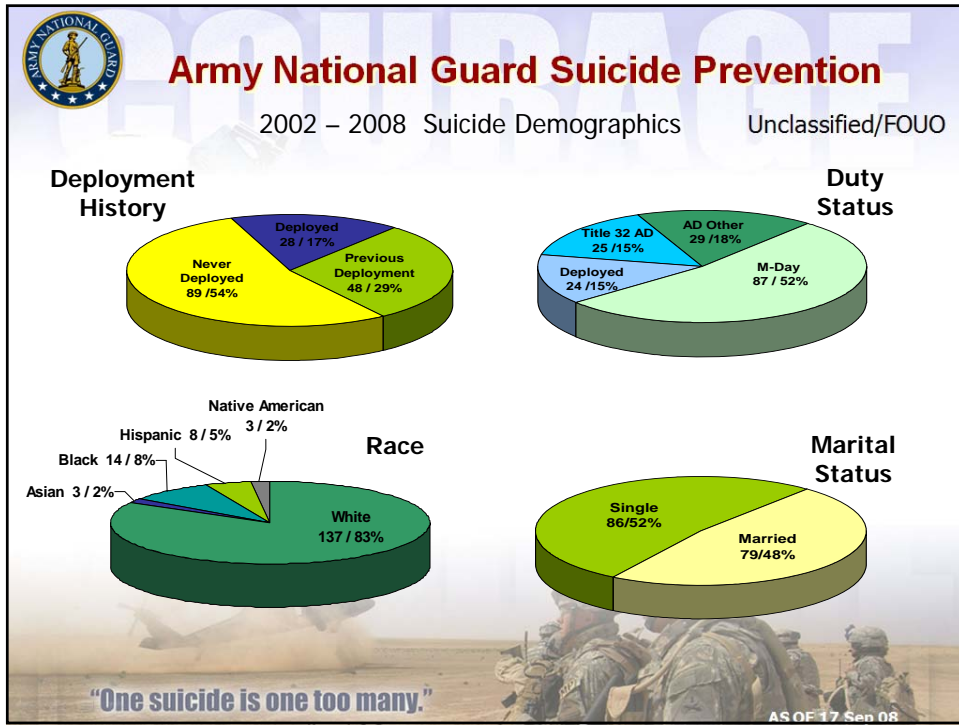
Suicide Prevention, Intervention and Postvention for Soldiers, and Family

*A collaboration
between NAMI NH
and the NH National Guard*



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Cultural Considerations

- Personal Inventory
- Access
- Rank
- Acronyms
- Family Supports
- Suspicion of non military?
- Postvention

National Guard



- 50% of soldiers in Iraq (current) are National Guard
- Citizen Soldiers
- No base installation/limited resources
- Deployment has significant distress for family
- Return from theatre to community <72 hours

Suicide Prevention

- Required to implement suicide prevention program
- Designated Suicide Prevention Program managers
- Use of Command Structure
- Available supports


Stigma

- Stigma surrounding mental health problems and suicide **can further isolate the person.**
- **Perceived difference between physical and emotional pain.**
- Military personnel **may not seek help** because of the perceived **impact it may have on their career.**
- Chaplains are safest people to share info with (ethically mandated to keep info confidential)





“One suicide is one too many!”

"Not all wounds are visible. If you are feeling depressed or suicidal, seek help. We need you on the Army team."



SMA Kenneth O. Preston

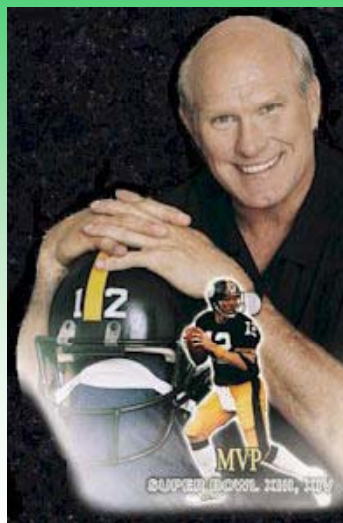


Unit Stigma (Postvention)

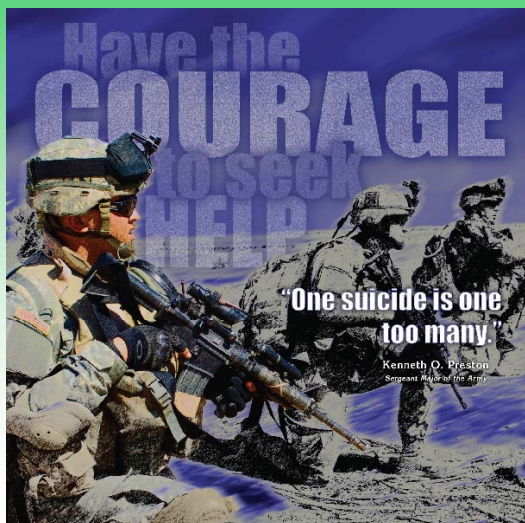
- “It happened in their Unit, Not Mine!”
- “Our deployment was tougher and we dealt with it”
- “We can handle it ourselves”
- “I am from the Unit that PVT Smith was from”
- “It was deployment related...”

If You Are
in Pain

Seek Help!



Suicide Awareness for Soldiers 2007



Veterans Administration

- Have a Suicide Prevention Coordinators
- Deployed overseas to be eligible
- Services for Soldiers and Vets
- DOD has access to all records
- Vet Centers – provide supports to family

Connecting With The Person

Shoulder to Shoulder: No Soldier Stands Alone



Photo Credit:
<http://www.flickr.com/photos/soldiersmediacenter/706520992/>

14¹⁴

It takes the courage and strength of a warrior to ask for help.....

**If you're in an emotional crisis
call 1-800-273-TALK "Press 1 for Veterans"**

www.suicidepreventionlifeline.org

NATIONAL SUICIDE PREVENTION LIFELINE

National Suicide Prevention Lifeline Vets Call Center

- "Press 1" for Soldiers/Veterans Option
- Call center in Canandaigua NY
- Specially trained in Veterans/Military Issues



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