



Navy Personnel Urged to AID LIFE in Suicide Awareness, Prevention

The Navy's Fleet and Family Support Centers have launched the 'AID LIFE' suicide awareness and prevention campaign to offer the Navy community watchdog tips for saving lives.

The suicide prevention campaign is aimed at first responders - anyone who notices the warning signs of suicide and takes preventive action. AID LIFE is designed to make everyone aware of the warning signs and prompt them to intervene with those at risk.



AID LIFE is also a step-by-step memory aid on what individuals should do if they encounter someone who may be suicidal : Ask. Intervene immediately. Don't keep it a secret. Locate help. Inform your chain of command. Find someone, don't leave the person alone. Expedite, get help right away.

The Navy offers suicide prevention training through its Fleet and Family Support Center with experienced mental health professionals and substance abuse programs. Base chaplains are also available to help, with chapels regularly offering suicide prevention training.

For more information on suicide prevention, visit www.npc.navy.mil/CommandSupport/SuicidePrevention/ or the Navy One Source Web site at www.navyonesource.com. Individuals may also call (800) 540-4123 for help 24 hours a day, seven days a week.