

Anchor Lines

Your line to the Fleet Mess

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Suicide Awareness and Prevention:

Key Message: Life counts, live it. Help build resilient Sailors by promoting physical, financial, mental and social health. Nothing is so drastic that the only way out may seem to be suicide. Seek help through your Chain of Command, talk to a chaplain or a friend. Show your Sailor how they fit into the fabric of your command through active leadership.

30-Second Speech: Suicide takes a heavy toll on family and unit readiness; preventing suicide is a high priority. Everyone -- from leaders to fellow service members and friends -- must help the military member get the help he or she needs. Many of these tragedies can be prevented.

Statistics:

2009 YTD Suicides: 21* / May Suicides: 5*
13 of our 21 Sailor Suicides were pay grades E5 and E6
 Historic Suicide Statistics (Rate per 100,000)
 CY 01 Suicides 40: (10.0) / CY 02 Suicides 45: (10.9)
 CY 03 Suicides 44: (10.8) / CY 04 Suicides 40: (10.0)
 CY 05 Suicides 37: (9.5) / CY 06 Suicides 38: (10.1)
 CY 07 Suicides 40: (11.1) / CY 08 Suicides 41: (11.6) *
Current 12 month rolling average has risen to 11.9
 * Numbers are subject to change as pending investigations are completed.

Notable Quotables...

“No Sailor in the Navy is ever alone, we're all in this together, so it's up to all of us to remember what we do makes a difference to our shipmates and our Navy. Reaching out and using available resources makes individual Sailors and the Navy a stronger force. Remember: “Ship, Shipmate, Self”...One team, one fight.”

- MCPON Rick West

ACT:

Ask – Don't be afraid to ask. Ask the person what is bothering them and persist to overcome any reluctance to talk about it. Don't judge. Don't be afraid to ask whether he or she is considering suicide or even if they have a particular plan or method in mind. Let the person know you care.

Care – Listen, offer hope, and don't judge. Let them know they are not alone, that suicidal feelings are temporary, depression can be treated and problems can be solved. Offer hope.

Treat – Take action, get assistance, and follow up! Take the individual to a person or agency specializing in crisis intervention and suicide prevention. It is always okay to take him or her to an emergency room or walk in clinic. Do not leave them alone until help is available. Take action.

Resources:

- Chain of Command
- Fleet and Family Support Center
- Chaplains
- Medical and Mental Health Providers
- Navy Suicide Prevention www.suicide.navy.mil
- Military OneSource 800-342-9647
www.militaryonesource.com
- National Hopeline Network 800-SUICIDE (784-2433) www.hopeline.com/

Did you know?

- The suicidal state of mind is most often temporary and reversible with timely assistance.
- Depression, anxiety, perfectionism and stress affect how we think and see situations to make them seem hopeless, when there really are solutions and hope.

For more information:

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