



Suicide Warning Signs: IS PATH WARM

I _____ Thoughts of suicide are expressed.

S _____ Increased or excessive alcohol or drug use.

P _____ Feels no sense of purpose or meaning in life.

A _____ Anxious; changes in sleep patterns.

T _____ Feeling there is no way out.

H _____ Lost hope in self, others, the future.

W _____ From family, friends, usual activities.

A _____ Rage or uncontrolled anger, seeks revenge.

R _____ Risky behavior; no regard for consequences.

M _____ Dramatic changes in mood; unstable mood.

Suicide does not discriminate: Anyone can be at risk. If you have any of these signs, please call a professional for help: Fleet and Family Support Center (FFSC) clinical support, chaplain, the U.S. Department of Veterans Affairs, National Suicide Prevention Lifeline (800) 273-TALK, National Hopeline Network (800) SUICIDE, Military OneSource (800) 342-9647.



A photograph of a person with long dark hair, wearing a light-colored hoodie, sitting on the floor with their head buried in their arms, looking distressed. The background is a plain wall with a window.



How to Assist Individuals at Risk for Suicide: Life Counts! ACT

A_____if someone is depressed and is thinking about suicide.

C_____Let them know you_____.

T_____Get them assistance (_____ment) as soon as possible.

Take all threats of suicide seriously:

- Do not be afraid to ask a caller if they are having thoughts of suicide.
- Callers who have a plan, means and time frame need immediate help.

Suicide Prevention Resources:

- Chain of Command
- Fleet and Family Support Center
- Chaplains
- Medical and Mental Health Professionals

