



A.C.T. to Prevent Suicide

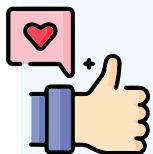


**IT'S
TIME TO
A.C.T.**

Acknowledge, Care, Tell is a series of steps to help prevent suicide, the second leading cause of death in people 10-24 years old.

You can help by listening without judgment, being there for a friend, and reaching out for help.

ACKNOWLEDGE



- Listen to what they have to say. People considering suicide often talk about it.
- Notice when something seems “off” (*see signs of suicide below*).
- Be brave enough to admit when you are the one that needs help.
- Understand that feelings of anxiety and depression are something most people deal with at some point in their lives.

CARE



- Be there for a friend and let them know you care.
- Care enough about yourself to ask for help.
- Spend time with a friend who is going through a hard time.
- Try to develop relationships, spend time doing enjoyable activities, get enough sleep, and eat healthy foods (these are protective factors for strong mental health).
- Listen to what they say without judgement and take them seriously.
- Ask “How can I help?” You might not know what they need, and they might not either. Asking what they need shows that you care and can be a great first step to getting them help.

TELL



- Reach out to a trusted adult for yourself or a friend.
- Getting help for someone isn’t “snitching.” Snitching is when you pass on information for personal gain or enjoyment. When you tell a trusted adult, you are helping to keep someone safe.
- Follow through to make sure steps are being taken to provide support.

Some Warning Signs for Suicide:

- Talking about hurting or killing oneself
- Giving away personal belongings
- Withdrawing from activities that were once enjoyed
- Feeling hopeless or trapped
- Searches online for information about suicide such as methods

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Resources for Help:



- Call the Suicide Lifeline by calling 988 or text 838255.
- Get free, non-medical confidential counseling from Military OneSource by calling 800-342-9647. You will need your parents or guardian to be on the call with you.
- Reach out to a trusted adult or accompany a friend to talk to their trusted adult.
- Call 911 for immediate help in life-threatening situations.

Protect your Mental Health:



Everyone can be proactive in protecting their mental health by practicing protective habits and behaviors.

- Work on having supportive and healthy relationships.
- Get a good night's sleep and eat healthy foods.
- Exercise.
- Talk about your worries and problems.
- Stay involved in hobbies and interests that you love.

Parents Corner

Suicide can be a difficult topic for anyone, but suicide is the leading cause of death among teens. No one loves or knows your child more than you. When discussing suicide listen without judgment, and be brave enough to ask important questions like these:

- Are you thinking of hurting yourself?
- Have you tried to hurt yourself in the past?
- What can I do to help?
- What do we need to do to make sure you are ok?

Take steps to prevent suicidal thoughts and behaviors and protect your child:

- Help them develop protective factors like eating healthy foods, exercising, and getting enough sleep. Show them by example, or discuss with them, the importance of healthy, supportive relationships.
- Practice lethal means safety. Safely secure firearms and medications in your home. You can find a Lethal Means Safety Guide at [DSPO.mil](https://www.dspo.mil).
- Don't be afraid to seek out professional help for your teen. You can find mental health providers by asking your family doctor, doing an online search at [Tricare.mil](https://www.tricare.mil), or taking advantage of free, confidential non-medical counseling at Military OneSource.



Connect to Protect:
Support is Within Reach

#BeThere