

**September Marks Suicide Prevention Month** - Suicide is a serious public health concern; in both the civil and military sectors. In 2010, suicide accounted for over 38,360 deaths nationwide, according to the Centers for Disease Control.

Nevada National Guard (NVNG) is not immune. Within the NVNG we care about our Workforce and their Families. We believe that even one member of our NVNG family lost to suicide is too many. Each of us is in a unique position to recognize our Soldiers and Airmen who may be at risk of suicide, and to take appropriate action to get them the help they need.

Recognizing some of the common warning signs:

- Depression, feelings of hopelessness, loneliness or suicidal thoughts
- Impulsiveness, extreme anxiety, agitation, irritability, or risky behavior
- Withdrawal from others; giving away treasured belongings
- Loss of interest in activities that were once enjoyed
- Abuse of alcohol, drugs, or other substances.

Remember, if you are concerned about a Soldier/Airman, friend, or a family member, and you think they may be considering suicide as an option, you can utilize ACE to help prevent suicide.

A – Ask your buddy – “Are you thinking of killing yourself?”

C – Care for your buddy – Listen with compassion and voice your concern for them.

E – Escort your buddy – Escort to chain of command, Chaplain, behavioral health professional, or primary care provider.

NVNG has also teamed with Living Works Inc. and adopted Applied Suicide Intervention Skills Training (ASIST) to meet the immediate intervention needs for a person at risk.

To obtain more information on Suicide Prevention you can consult the NVNG resources below:

<ul style="list-style-type: none"><li>- Nevada Guard website <a href="http://www.nevadaguard.com">www.nevadaguard.com</a></li><li>- State Chaplain Corps</li><li>- Commanders Tool Kit</li><li>- Battle Buddy Wingman Concept</li><li>- NVNG Resilience, Risk Reduction (R3) Program</li><li>- NVNG Suicide Prevention Program (SP)</li><li>- Nevada State Office of Suicide Prevention (OSP)</li><li>- Military Family Support Services (MFSS) Quick Reference Book for Leaders</li><li>- Military Family Life Consultants (MFLC)</li></ul>	 <p>Scan this QR code for Military and Family Support Services Contact Information</p>
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If you, or someone you know, is thinking about suicide, call the National Suicide Prevention Lifeline at **(800) 273-TALK**. This number can be dialed toll-free from anywhere in the United States 24 hours a day, seven days a week.

You can also contact the MFSS, MFLC, Chaplain Corps, Chain of Command, your Battle Buddy/Wingman, Military One Source, Resilience, Risk Reduction and State Suicide Prevention Program Coordinator (R3SP) located at Plumb Lane **(775) 384-5819**. MFSS provides all Service Members and their eligible Family Members with free face-to-face counseling sessions with a licensed counselor. All services provided by MFSS are free of charge.