

The loss of any Soldier's or Army civilian's life is a great tragedy, regardless of cause or reason. In 2007, the Army saw its highest suicide rate statistics, which have followed a similar trend in 2008. The rate has nearly doubled since 2001, according to the Army G-1 Suicide Prevention Office.

LTG Michael D. Rochelle, Deputy Chief of Staff, G-1, said, "The success of the Army Suicide Prevention Program rests upon proactive, caring, and courageous people who recognize the imminent danger and then take immediate action to save a life. Suicide prevention is everybody's business in the Army." I agree wholeheartedly with this message. Although many are not deployed, we are nevertheless all a part of the Army family and each of us has an obligation – indeed a duty – to get involved if we see anyone, Soldier or civilian, who is contemplating taking his or her own life.

The Army's suicide intervention "ACE" card has information that may help you save a life:

#### Ask Your Buddy

- \* Have the courage to ask the question, but stay calm.
- \* Ask the question directly, e.g., Are you thinking of killing yourself?

#### Care for Your Buddy

- \* Remove any means that could be used for self injury.
- \* Calmly control the situation; do not use force.
- \* Actively listen to produce relief.

#### Escort Your Buddy

- \* Never leave your buddy alone.
- \* Escort to the chain of command, a chaplain, a behavioral health professional, or a primary care provider.

Useful suicide prevention/intervention resources:

Army G-1 Suicide Prevention <<http://www.armyg1.army.mil/hR/suicide>>

U.S. Army Center for Health Promotion and Preventive Medicine <<http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx>>