

# SUICIDE

Suicide is the Coast Guard's second leading cause of death, after motor vehicle accidents. Each suicide is both a tragic waste of human life and an event which entails a significant degradation in morale, unit cohesion and mission readiness. Feelings of hopelessness are the leading suicide causes. Others include helplessness and meaninglessness, problems with relationships at home or work or a failure to cope with accumulated stress. Studies reveal that nearly 80 percent of those who attempt or commit suicide give some warning or clue of their intentions and most suicides contemplate their act for weeks in advance. We can prevent some suicides by involvement and action.

EAPC is the individual responsible for suicide prevention program efforts. EAPCs report suicides, gestures, and attempts to Commandant (G-WPW) in accordance with Commandant Instruction 1734.1. In addition the EAPC coordinates and conducts prevention training at all units.

## WHAT YOU DO

In case of a suicide gesture or attempt:

- take it seriously
- listen and ask questions
- don't leave the individual alone
- remove lethal means
- get help
- call **(800)-222-0364** or the local crisis response center (hospital/emergency room)

After responding to the suicide, gesture or attempt, contact the EAPC at (757) 686-4028 (after hours through the Atlantic Area Command Operations Center (757) 398-6231, or the Work-Life Supervisor at (757) 686-4020 and report the following:

- indicate if the incident was a gesture, attempt or actual suicide
- date incident occurred
- full name of individual, family member (provide sponsor name)
- rank or civilian grade
- district
- unit
- method
- age
- marital status, number of children and ages
- reason (marital discord, depression, job)
- current status (in therapy, hospitalized for evaluation)