



# SUICIDE PREVENTION

## Nebraska Resources

Nebraska Youth Suicide Prevention Project:  
[Youthsuicideprevention.nebraska.edu](http://Youthsuicideprevention.nebraska.edu)

Nebraska State Suicide Prevention Coalition:  
[Suicideprevention.nebraska.edu](http://Suicideprevention.nebraska.edu)

## Resources

Call 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline. To speak with a Veterans Affairs (VA) counselor, press "1."

To access TriWest Healthcare Alliance's Behavioral Health Portal, visit: [www.triwest.com](http://www.triwest.com) and click on "Behavioral Health."

Contact your local VA office, community mental health clinic, or religious institution.



**Nebraska Youth  
Suicide Prevention**

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*Cover photo by Petty Officer 2nd Class Joshua Wahl.*

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## For Military Members & Families

### What You Need to Know

## Facts About Veteran Suicide

18 American veterans complete suicide every day.

1,000 former soldiers receiving care from the Department of Veterans Affairs attempt suicide every month.

More veterans are completing suicide than are dying in combat overseas.

Veterans afflicted with PTSD (Post Traumatic Stress Disorder) and traumatic brain injury face higher risks for psychological problems and for attempting suicide.

Veterans were twice as likely to complete suicide as non-veterans.

Veterans aged 20 to 24 who served in Afghanistan and Iraq, had the highest rate of suicide among all veterans.

## Risk Factors for Suicide

### Personal Risk Factors

- » Family history of suicide.
- » Previous suicidal behavior.
- » Alcohol and other substance abuse.
- » Feeling helpless, hopeless or powerless.
- » Impulsive and/or aggressive tendencies.
- » History of trauma or abuse.
- » Deep sadness, guilt or anger.

### Personal Risk Factors

- » Job or financial loss.
- » relational or social loss.
- » Easy access to lethal means.
- » Local clusters of suicide that have a contagious influence.

### Social Risk Factors

- » Lack of social support and sense of isolation.
- » Stigma associated with help-seeking behavior.
- » Barriers to accessing health care, especially mental health and substance abuse treatment dilemma.

## Question, Persuade, Refer

### Ask The Question

- » "I have the feeling you are thinking about suicide but are having trouble bringing it up."
- » "Are you thinking about suicide?"
- » "Sometimes people in certain situations feel suicidal. Have you been thinking about killing yourself?"

### Listen

- » Listen and look for warning signs / risk factors.
- » Ask what is causing the distress.

### Ask About Reasons for Living & Plans for Suicide

- » Find out what is important to the person and why they may choose to live.
- » "Do you have a plan to kill yourself?"
- » Ask How, Where, When, and if they have the means in place. (Do you have a gun/ pills/ rope or other means?).

### Take Action

- » Remove means like guns and pills.
- » Offer your support in obtaining help from a professional.
- » Don't leave the person alone once you have determined he or she is at risk.
- » Remind the person that seeking help isn't a sign of weakness and that chances for recovery are excellent.

### Refer

- » Refer for help. Call 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline. To speak with a Veterans Affairs (VA) counselor, press "1".