



## About Suicide

- △ It is important to let people know when you feel overwhelmed
- △ Suicidal thoughts are more common than most people care to admit. Sharing those thoughts with other that care can help your recognize that you are not alone.
- △ Suicide is not the solution. There are people who can and will help. Please reach out...

**YOU MATTER!**

Whether you are someone who is considering suicide or someone who could be an ear to bend or a shoulder to lean on for someone who is...

**YOU MATTER!**

Suicides can be prevented. Pay attention to the people in your life.

### **Watch for signs:**

Recent traumatic events, relationship issues, feeling disconnected from others and alone, heavy drinking, money problems, and substance abuse.

**YOU  
MATTER!**

## **Need Help?**

Employee Assistance Program  
(Civilian Assistance):  
800-222-0364

Mental Health  
(For Active Duty & Emergency Civilian Evaluation)  
497-8398

Military Life Consultant  
478-230-2987

Chaplain  
468-2821

SARC  
497-SARC

National Suicide Hotline  
800-273-TALK

**YOU  
MATTER!**