

Imminent Suicide Risk

Signs of Distress:

Emotional: crying, loud, yelling

Making concerning statements: "My family would be better off without me."

"I can't go on like this." "No one can help me."

Signs of acute risk:

Threatening to hurt or kill self.

Looking for ways to kill self.

Seeking access to pills, weapons, or other means.

Talking or writing about death, dying, or suicide.

Step into ACTION:

In person: Do NOT leave them alone. Escort to closest Emergency Department, or call for rescue.

By phone: Ask Veteran for their location.

Encourage the person to seek immediate help from their doctor, or go to the nearest Emergency Department. **Call 911**

Stay on the phone until help arrives

If anyone is in need of immediate medical or mental health emergency, **Call 911**

SAFETY: Never negotiate with someone who has a gun. Get to safety and **Call 911**

* If a Veteran has taken pills, cut themselves, or some other form of harming themselves, **Call 911**

When you call **911**, do you know?

Know Who, What, Where, When, Why, How and Gun

Suicide Prevention

It's Everyone's Business: **S.A.V.E.**



KNOW THE SIGNS: Do you notice any of these **WARNING** Signs that may indicate risk?

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| • Expressed hopelessness | Rage, anger, seeking revenge | Feeling trapped-no way out | Increasing drug/alcohol use |
| • Sleep issues—too much, too little | Engaging in risky activities without thinking—impulsive | | Anxiety, agitation |
| • No sense of purpose in life | Withdrawing from friends, family, and community | | Dramatic changes in mood |

Fact: Many Veterans may not show clear signs of intent to harm themselves. Many Veterans may not make statements that indicate they are considering suicide.

Veterans who may be considering suicide often show signs of depression, anxiety, and low self-esteem.

ASK THE QUESTION: If you answered **YES**, then **ASK** your Veteran about suicide!

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| • Remain Calm; do not interrupt | Use supportive-encouraging comments | Listen more than you speak | Be honest—there are no quick solutions |
| • Validate the Veteran's experience | Do not argue or try to convince the Veteran why he/she is wrong | | Do offer sincere support and empathy |
| • Do talk openly about suicide! | It's better to have a mad friend than a dead friend. | | Call the Crisis Line: 1-800-273-8255 |

Fact: Veterans may express their pain by showing violent behavior: punching walls, or getting into fights.

Noticing changes in the Veteran's behavior or mood, and concerns that the Veteran may be struggling, or in crisis lets us know that it is time to act.

VALIDATE: I'm not comfortable asking, so What should I ask? **Be There and Be Direct.**

- Express concern, "I'm worried about you, are you thinking of suicide?" "You don't seem like yourself, have you been thinking about killing yourself?"
- Ask about the difficult time they are going through, "It sounds like you're going through a tough time, are you thinking of dying?"
- Don't pass judgement, "Everyone goes through tough times, do you think you might try to hurt yourself?"
- Offer assistance, "Have you made a plan for how you would kill yourself? I'd like to help you change your plan."
- Assure Veteran help is available, "It might not feel like it right now, but together we can find you help."

ENCOURAGE treatment and **EXPEDITE** finding help: You may not have a second chance.

- Don't keep the Veteran's suicidal behavior a secret: Tell a trusted friend or family member, continue frequent contact with your Veteran.
- Do not leave your Veteran alone; seek a network of support.
- Encourage them to seek immediate help from his/her doctor.
- **If immediate safety is a concern, call Crisis Line 1-800-273-8255, 9-1-1, or escort Veteran to nearest Emergency Department (if it is safe to transport).**

Addiction Services

Alcoholics Anonymous (AA): 24 hour hotline

1-800-737-6237 or 207-774-4335

<http://csoaamaine.org/>

Aroostook Mental Health Center (AMHC):

Mental Health Services, Substance Abuse, Residential

Treatment : www.amhc.org

Access Center: 207-498-4193 or 1800-244-6431

Monday-Friday, 8 a.m. –5 p.m.

Milestone Recovery: 41-bed specialized substance use disorder emergency shelter; 16-bed residential program; transitional housing.

Ph: 207-775-4790,

<http://milestone-recovery.org/>

Benefit Assistance

Maine Bureau of Veterans' Service

Ph: 207-430-6035

Fax: 207-626-4471

<http://www.maine.gov/veterans>

Legal

Council of Churches—9 Denominations

Civil Discourse, Economic Justice, Human Rights and Environment

Ph: 207-772-1918

info@mainecouncilofchurches.org

Pine Tree Legal Services

POC: Ms. Krista Selnau

39 Green Street, Augusta, ME 04330

Ph: (207) 623-7777

KSelnau@ptla.org

Mental Health Services

Aroostook Mental Health Center (AMHC): Mental Health

Services, Sexual Assault Victim Response, Community

Integration, Brain Injury Services

Monday-Friday, 8 a.m. –5 p.m.

Access Center: 207-498-4193 or 1800-244-6431

www.amhc.org

Tri-county Mental Health Services

Referral line for all locations: 1-888-304-4673

Walk-Ins welcome at 1155 Lisbon St. in Lewiston

Social Services

Easterseals — Military & Veteran Services :

Financial Assistance, Care Management, Employment Support, Deployment Support, etc

POC Mr. Jeremy Kendall, Director, 207-828-0754 x1014,

jkendall@eastersealsme.org

<http://www.eastersealsme.org>

<http://www.vetscount.org>

Maine Department of Health and Human Services

Social Services Help: 2-1-1, www.maine.gov/dhhs

Suicide Prevention Resources

Crisis help: 9-1-1

Military/Veteran Crisis line: 24/7

<https://www.veteranscrisisline.net/BeThere.aspx>

Text: 838255

Maine Crisis Hotline: 24/7

1-888-568-1112 (Voice), 711 (Maine Relay)

Maine State Police : Emergency Contacts

(800 numbers in state only)

Gray: 207-657-3030 or 1-800-228-0857

Augusta: 207-624-7076 or 1-800-452-4664

Bangor: 207-973-3700 or 1-800-432-7381

Houlton: 207-532-5400 or 1-800-924-2261

Non-crisis help:

Maine VA Suicide Prevention Team (non-crisis):

207-623-8411 (x5017)

Coaching into care www.va.gov/coachingintocare

Intentional Warm Line: 1-866-771-9276 (Available 24

hours a day, 7 days a week) Peer-to-peer support

program for adults (18 years and older).

NAMI Maine Help Line: 1-800-464-5767 (Press 1),

(Available Monday-Friday, 8:00am-4:00pm), or Email:

helpline@namimaine.org Confidential, non-crisis help

regarding mental health supports, and Crisis help:

Maine Suicide Prevention Program: 1-800-698-3624

TTY users call Maine Relay 711

<http://www.maine.gov/suicide/>

National Suicide Prevention

American Association of Suicidology

<http://www.suicidology.org>

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

Means Matter

<http://www.hsph.harvard.edu/means-matter/index.html>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/suicide-prevention>

Suicide Prevention Resource Center (SPRC)

www.sprc.org

The Centre for Suicide Prevention

<http://www.suicideinfo.ca/>

Veterans Affairs

VA Maine Healthcare System, Mr. Ryan Lilly, Director

VA Medical Center, 1 VA Center, Augusta, ME 04330, 207-623-5756

Maine VA Suicide Prevention Team (non-crisis):

207-623-8411 (x5017)

Chaplain Services, POC Ch. Ken Hellmer

207-623-8411 x5175

Community Based Outpatient Clinics, POC Ms. Rochelle Findlay

207-623-8411 x4848

DEF/OIF/OND Coordinator, POC Ms. Joleen Lilley

207-623-8411 x3078,

Women's Veterans Program, POC Ms. LaRhonda Harris

207-623-8411 x4017

Pharmacy, Outpatient, 207-623-8411 x6871

Vet Centers

Vet Center Call Center: 877-WAR-VETS (927-8387)

<https://explore.va.gov/health-care/vet-center-services>

Bangor Vet Center: 207-947-3331

Northern Maine Vet Center: 207-496-3900 or 877-927-8387

Lewiston Vet Center: 207-783-0068 Or 207-783-0068

Portland Vet Center: 207-780-3584

Springvale/Sanford Vet Center: 207-490-1513 or 207-490-1513