

A photograph of two hands, one from the left and one from the right, reaching towards each other. The hands are positioned as if they are about to clasp or support each other. The background is a solid, textured blue color. The lighting is soft, highlighting the skin texture of the hands.

**{SUICIDE}**

**IS 100% PREVENTABLE**

**SPEAK UP  
REACH OUT**

## Suicide prevention: It's up to me, you, each and every one of us

The Army reported 32 confirmed or suspected suicides among Soldiers in June 2010. That's one a day.

Secretary of the Army, the Honorable John McHugh, visited Fort Wainwright recently. He said one of the most important things on his mind right now is the number of suicides among Soldiers. In a statement on health promotion, risk reduction and suicide prevention, McHugh emphasized his commitment to lowering the number of Soldier suicides.

"This effort is part of our culture to look closely at ourselves and to make continuous improvements in our capability - but most importantly, to reduce the number of Soldiers we lose to suicide," he said.

This is an important issue for our Army and for all of us at Fort Wainwright. The suicide rate in Alaska is nearly twice the national average, and the number of reported suicide ideations and gestures on our installation is more than twice the Army rate. We have had one suicide on post this year, and we can all agree that is one too many.

Fort Wainwright's Army Community Service, Chaplain's Office and Medical Department Activity-Alaska have programs in place to help those Soldiers and family members who feel there is no way to overcome their problems and are considering suicide. But they – or someone else – must see their despair and get them to the help they need.

You could be that someone else. In some cases the person considering suicide may not want to see a counselor or a chaplain, but a Soldier or civilian may say something to you. You need to be aware of the signs, then follow the ACE principle – **A**sk if he's considering suicide; **C**are for your Soldier by removing any means that could be used for self-injury; **E**scort that individual to a chaplain, counselor, chain of command or primary caregiver.



There are some warning signs that should raise flags for you:

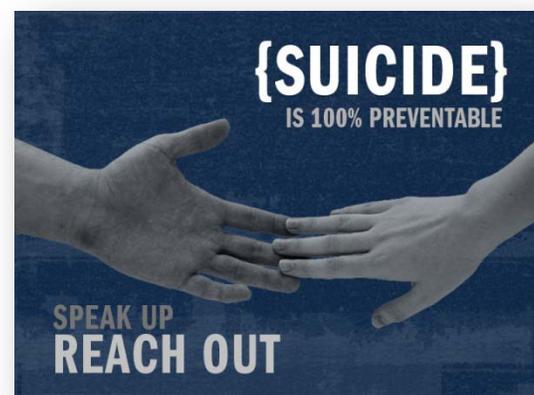
- Talking about hurting or killing
- Looking for ways to hurt or kill oneself by seeking access to weapons or pills
- Talking or writing about death, dying or suicide
- Feeling hopeless, rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities without thinking
- Feeling trapped
- Increasing alcohol or drug use
- Withdrawing from friends or family
- Feeling anxious or agitated
- Unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason to continue living or having no sense of purpose in life

When we recite “The Soldier’s Creed,” we say, “I am a Warrior and a member of a team.” We count on each other. And if one of us is hurting and considering suicide, it is incumbent on every person around that Soldier or civilian to **A**sk, **C**are and **E**scort that individual to help.

Help is available right here on post, through our Behavioral Health office, Chaplains and Military Family Life Consultants. Army Substance Abuse Program managers in the Welcome Center can provide referrals. For off-post referrals, call the local United Way office at 452-4357. And if that Soldier or civilian is hurt or in imminent danger, call 911.

For more information, visit [www.wainwright.army.mil](http://www.wainwright.army.mil) and click on the Crisis Assistance link or go to [www.preventsuicide.army.mil](http://www.preventsuicide.army.mil)

*If you have a question or issue you would like to see addressed in the Garrison Commander’s column, please e-mail the Public Affairs Office at [linda.douglass@us.army.mil](mailto:linda.douglass@us.army.mil)*



# U.S. Army Alaska Army Suicide Prevention Program (ASPP)

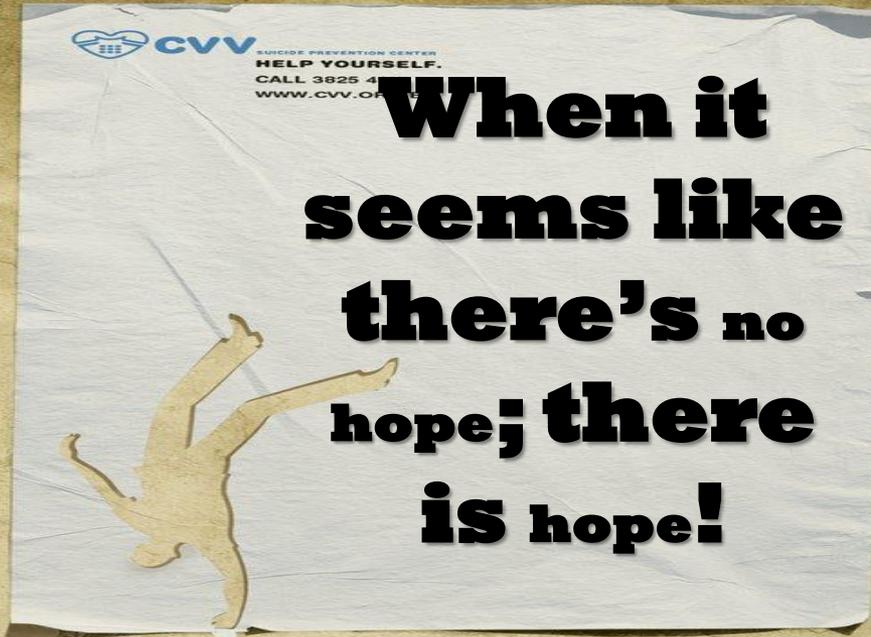
## September Schedule

S	M	T	W	T	F	S
12	<b>13</b> <u>FRA</u> 1000 Speaker: Mr. Scalia 1400 Speaker: Mr. Scalia 1800 Speaker: Mr. Scalia	<b>14</b> <u>FRA</u> 1000 Speaker: Mr. Scalia (Elmendorf Theater) 1400 Speaker: Mr. Scalia	<b>15</b> <u>FRA</u> 1000 Speaker: Mr. Scalia	<b>16</b> <u>FWA</u> 1000 Speaker: Mr. Scalia 1400 Speaker: Mr. Scalia 1800 Speaker: Mr. Scalia	<b>17</b> <u>FWA</u> 1000 Speaker: Mr. Scalia 1400 Speaker: Mr. Scalia	18
19		<b>21</b> <u>FRA</u> 0900 SafeTALK	<b>22</b> <u>FRA</u> 1000 Speaker: Mr. Fugate (Elmendorf Theater) 1300 SafeTALK  <u>FWA</u> 0900 SafeTALK	<b>23</b> <u>FWA</u> 0900 FWA SafeTALK  <u>FRA</u> 0600 Run for your Life 1000 Speaker: Mr. Fugate 1400 Speaker: Mr. Fugate 1800 Speaker: Mr. Fugate	<b>24</b> <u>FRA</u> 0700 CSM's Breakfast 1000 Speaker: Mr. Fugate 1400 Speaker: Mr. Fugate	25
26	<b>27</b> <u>FWA</u> 1000 Speaker: Mr. Fugate 1400 Speaker: Mr. Fugate 1800 Speaker: Mr. Fugate	<b>28</b> <u>FWA</u> 0600 Run for Your Life 1000 Speaker: Mr. Fugate 1400 Mr. Fugate @ WTB?	<b>29</b> <u>FWA</u> 0700 CSM's Breakfast	30		

# SUICIDE PREVENTION MONTH

**GUEST  
SPEAKER**

**at the  
Northern  
Lights  
Chapel**



**Take it from  
someone  
who's been  
there...  
You DON'T  
want the  
T-Shirt!**

**Mr. Jack Scalia**

**16 SEP, 1000**

**16 SEP, 1400**

**16 SEP, 1800**

**17 SEP, 1000**

**17 SEP, 1400**

# **SUICIDE PREVENTION MONTH**

## **SafeTALK Training Sessions**

### **Post Library**

**22 Sep 9:00 am - 1200**

**23 Sep 9:00 am - 1200**

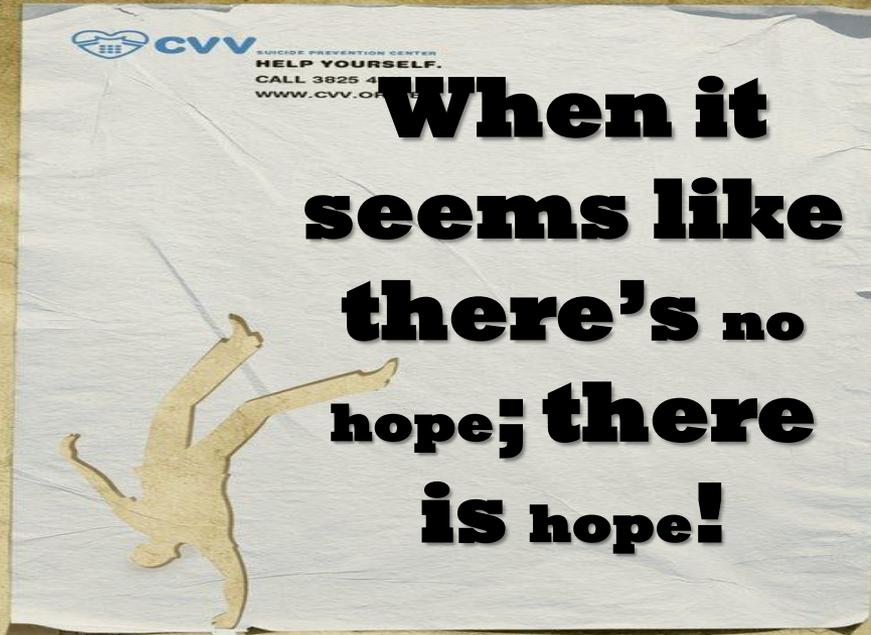
Prepares anyone to identify persons with thoughts of suicide and connect them to suicide first aid resources as most people with thoughts of suicide invite help in an attempt to stay safe.

**For Information Call: 353-1370**

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**27 SEP, 1400**

**27 SEP, 1800**

**28 SEP, 1000**

# RUN FOR YOUR LIFE

## PREVENT SUICIDE

**DATE: 28 Sept 2010**

**TIME: 0600-0800**

**Meet at the pavilion between  
Hangar #6 and #7 on Montgomery Road**



### 4 MILE FUN RUN

### IN OBSERVANCE OF SUICIDE PREVENTION MONTH

**REGISTER at: [usarakRUNforYOURLife@gmail.com](mailto:usarakRUNforYOURLife@gmail.com)**

**Provide: unit, rank, name, sex, t-shirt size**

# DoD Personnel (Military & Civilian) and Family members are welcome!



**T-shirts to first 50 registered  
Top runners will be awarded**

