



# Combating Suicide – Protective Factors

**TASK:** Leaders teach Soldiers protective factors that may reduce the likelihood of suicide

**CONDITIONS:** Discussion – Question based

**STANDARDS:** Understand how protective factors enhance resilience and reduce suicidal thinking and behavior

**REFERENCE(S):** Unit trained Gatekeepers IAW AR 600-63, para 4-4.j. and AKO SP:

<https://www.us.army.mil/suite/page/334798>.



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## Individual Soldier Protective Factors

Talk to your chaplain about cultural and religious beliefs that discourage suicide and support self-preservation

Ask an MFLC for help with Coping/Problem Solving Skills – ranging from controlling anger to conflict resolution

The Army Values as reasons for living – take pride in choosing to live by them

Remember the above as only some of your available protective factors to lessen the risk of suicidal behavior – what others come to mind???



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## Unit/Troop Protective Factors

Unit cohesion – it's not every Soldier for themselves... teamwork will occur under all conditions – your chain of command is here for you!

Battle buddy – Living the Soldiers' Creed – being there – "I WILL...."

Caring leadership – fostering and maintaining a command climate that preserves and protects Soldiers

NTC AND FORT IRWIN UNITS/TROOPS ENSURING THE ARMY VALUES UNDERPIN THEIR EVERY ACTION IN AND OUT OF THE BOX!



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## NTC and Fort Irwin Protective Factors

AER, Chapel Services, BOSS, Fort Irwin Group Exercise Facility, Military and Family Life Consultants (MFLC)

Skills to recognize and respond to signs of risk – Ask, Care, Escort (ACE) Training, Applied Suicide Intervention Skills Training (ASIST) – Unit Gatekeepers

Get connected with Weed Army Community Hospital Behavioral Health Care

THERE ARE VARIOUS PROTECTIVE FACTORS,  
INCLUDING, INDIVIDUAL, UNIT/TROOP, THE NTC AND FORT IRWIN  
AND ALSO A POSITIVE/OPTIMISTIC ATTITUDE