

Suicide Prevention Quiz?*

Take this quiz to test your knowledge.

Circle “T” for true, “F” for False.

1. Of any 10 persons who kill themselves, 8 have given definite warnings of their suicidal intentions. T F
2. Spring and Mondays are have the highest numbers of suicides. . T F
3. A history of past suicidal attempts is sad, but not useful in predicting future attempts. . T F
4. Suicide rates are higher among the 15-24 year old age group. T F
5. Suicide is not ranked in the top ten causes of death in the United States. . T F
6. There is three attempts at suicide for every one completed suicide. . T F
7. Individuals who attempt to kill themselves are suicidal for limited time periods only. . T F
8. Improvement following a suicidal crisis means that the self injury risk is over. . T F
9. Studies of hundreds of genuine suicide notes indicate that although the suicidal individual is extremely unhappy, he or she is not necessarily mentally ill. . T F
10. Suicide rates are higher in the military than civilian sector. . T F
11. Women attempt suicide as often as men in the United States. . T F
12. At one time or another, almost everyone contemplates suicide. . T F
13. Most suicidal persons who die did not have mixed feelings about living or dying. . T F
14. Almost no one commits suicide without letting someone know about their intentions. . T F
15. All verbal indications of suicide intent should be taken seriously, even when actual lethality is minimal. . T F
16. If one suspects that a person is thinking about suicide, asking about it may cause the person to commit suicide. . T F

To Discover Your Score, Read On!

Answers to the Quiz:

1. True.
2. True.
3. False. A history of past coping behaviors (including suicide attempts) is a good indicator of future coping behavior.
4. False. Suicide rates are highest among those over 65 years old. Their rates tend to be more than 50% higher than the national average and 15-24 year olds.
5. False. Suicide ranks in the top ten causes of death. For 15-24 year olds it is third following accidents and homicides.
6. False. Estimates vary, but generally there are 8 to 20 attempts for every completed suicide.
7. True.
8. False. Often the person is at greater risk of suicide when they appear to be improving. For depressed people, as they improve they now have the energy to act on their depressed feelings.
9. True. However, mental health diagnoses (e.g., depression, schizophrenia, alcoholics, and panic disorders) are associated with greater risks of suicide.
10. False. The suicide rate in the military is generally the same as in the civilian sector. However, over the past 8 years it has risen from 11.7 per 100,000 to 14.2 per 100,000.
11. False. Risk of attempted suicide is greater for females and the young. Females generally make 3 to 4 times as many attempts as males. Males tend to choose more lethal and successful methods.
12. True. Given enough stress, almost all of us consider suicide as an option. Estimates of young attempted suicides is from 100 to 1 and 200 to 1.
13. False. Most people who are suicidal are unsure about whether to live or die.
14. True. One of the commonalties of suicide is the communication of intent.
15. True. Especially higher functioning individuals are less likely to convey their intent. Any hints should be taken seriously. Do not be afraid to ask!
16. False. Instead, asking the person and expressing concern may save their life.

Targeting Suicide

Don't Be Afraid to Ask!



Directorate of Health Promotion and Wellness
U.S. Army Center for Health Promotion and
Preventive Medicine

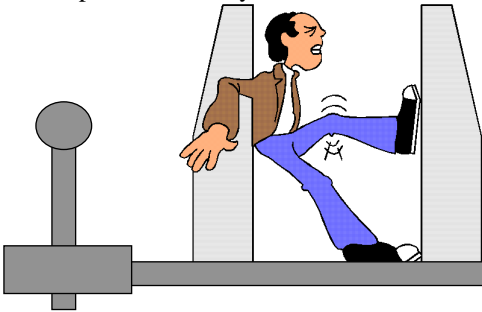
Suicide is Preventable

Spring, the season of new life is when most suicides occur. Suicide is one of the top ten causes of death in the United States. It ranks as the third leading cause of



death among those 15 to 24 years old. Last year alone over 30,000 persons killed themselves; that is one suicide every 17 minutes. Almost everyone has thought about suicide, but no one needs to die by their own hand.

Suicide is preventable, if you watch for the warning



signs, stop to ask a few questions, and take the time to help. Here are a few key points to help guide your questions and some suggestions on how to help. Don't be afraid to ask!

Who is at greatest risk?

In general, suicide rates within the Army about the same as those in a similar civilian population. Anyone, service members, spouses, children, and relatives may think about suicide given enough stress. People attempt

suicide for a number of reasons. Those who are at the greatest risk of self-injury are emotionally upset over work problems, a relationship that is in trouble, or a major life change. They may blame themselves and allow self-hate, self-blame, guilt and shame to fester. They withdraw from others and outside activities. They develop tunnel vision as their hope narrows--all they can see is continued suffering. Finally, there is the thought that ceasing to be would stop the pain.

What are the Signs of Suicide?

Most people who attempt suicide really do not want to die. They are asking for help. Eight out of ten people who commit suicide have indicated to someone their intention of killing themselves. As a rule, if you can lower the emotional distress that has led someone to consider suicide, you will also lower their risk of committing suicide.

Watch for these Warning Signs:

- Confusion
- Financial Reversal or Loss of Social Status
- A Family History of Suicide
- Previous Suicide Attempts
- Feelings of Failure
- Talk About Death or Committing Suicide
- Lack of Roots or Social Relationships
- Overemphasizing a Lack of Suicidal Thoughts
- Withdrawal from Others and Outside Activities
- Recent Break-up of a Significant Relationship

For more information, please contact:
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Suicide Prevention Tips

You can help prevent a suicide by asking a few important questions.

1. What is going on?
2. Where do you hurt?
3. What would you like to happen?
4. What do you feel that you have to solve or get out of?
5. Do you have any plans to do anything harmful to yourself and what might you do?
6. What would it take (to keep you alive)?
7. Have you ever been in a situation like this before, what did you do, what happened, and how was it resolved?

For More Information and Help

If you need help or you are concerned that someone you know may be at risk of suicide, there are caring professionals who are there to help. Please contact your chaplain, Community Mental Health Services, Division Mental Health Services, Clinical Psychology Service, Social Work Services, or Department of Psychiatry. After normal duty hours, go to the Emergency Room of your military treatment facility. There are people who care. Don't be afraid to ask!

Summing it Up

The American Association of Suicidology advises:

Believe It. Take any signs or threat of suicide seriously.

Listen Carefully. Keep the lines of communication open, ask questions, and talk calmly. Be sympathetic. Don't be judgmental or give false assurances that everything will be all right.

Get Help. Call a suicide prevention center, mental health clinic, physician, chaplain, or other qualified mental health professional.

Be There. Be supportive and show that you care. Do not leave him or her in a crisis. Follow up by staying in touch and encouraging him or her to continue treatment.