



86<sup>th</sup> Airlift Wing

INTEGRATED RESILIENCE OFFICE

# GRIT 365

## KEEPING SAFE

APRIL 2020

### GOAL

A community in which all individuals are aware of and safe from suicide.

### LET'S THINK

There are many resources and programs that have been created to foster suicide-safer communities. One such resource is safeTALK, which promotes suicide alertness by teaching how one can identify people who might be having thoughts of suicide and to connect them to persons trained in suicide intervention. You can learn more about safeTALK here: <https://www.livingworks.net/safeTALK>

Although safeTALK is a 3-hour in-person workshop that the current physical distancing measures make difficult to coordinate, we can take steps towards creating a suicide safe community by discussing the basic tenants of the safeTALK program with our friends and family.

SafeTALK urges individuals to **T**ell someone if you or someone you know is considering suicide. It is also important that we become comfortable with **A**sking individuals if they are considering suicide. Asking a person who is considering self harm "are you thinking about suicide?" has the potential to save a life. **L**isten for their response without interrupting. Finally, **K**eept them safe by connecting them with a trained helper immediately. Mental health, a Chaplain, a first shirt or commander, or a healthcare provider are all good options

### LET'S TALK

Many people have been touched by suicide. Perhaps someone you know has died by suicide or perhaps at one time you may have thought about suicide. Although talking about suicide can be difficult and uncomfortable at times, our community can become suicide safer, in part, by practicing discussions about suicide safety with our friends and family. When we talk about challenging topics regularly, and openly, we dismantle the stigma that makes these topics difficult to discuss in the first place and create a community culture that values suicide safety.

### DISCUSSION POINTS

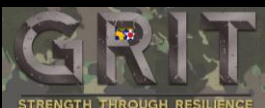
1. What are some ways that you can know that an individual might be considering suicide?
2. In what ways are the **T**ell, **A**sk, **L**isten, **K**eept safe steps helpful for preventing suicide? How can you help yourself to remember them when you need them
3. What are some potential barriers that might prevent you from intervening when you suspect someone might be considering killing yourself? How can you overcome those barriers?



### LET'S ACT

#### HOW TO APPLY THE LESSON

Take time to learn and practice the **T**ell, **A**sk, **L**isten, **K**eept safe steps. Have a friend or family member pretend to be someone who might be considering self harm while you practice how you would intervene. Switch roles so that your friend can practice as well.



*This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.*