



# UNITED STATES AIR FORCE

## SUICIDE PREVENTION

### Leadership Actions

You don't have to be in a leadership role to take leadership actions and get help for someone who may be at risk for suicide. Anyone, including family members, friends, co-workers and peers, can help prevent suicide. Some of the most common leadership actions are:

- Build a supportive work environment
- Publicly encourage help-seeking behaviors
- Know your base's helping resources
- Inquire about sources of support
- Help to find an acceptable support person, such as a Chaplain or peer, if needed
- Know the warning signs for suicide
- Know the people you work with
- Be aware of changes in behavior
- Recognize when help is needed
- Confront problem behavior in a constructive manner
- Ask the tough questions
- Ask open-ended questions
- Be a good listener
- Repeat what they say, using their own words
- Share your concern for their well-being
- Express a sense of hope
- Show your Airmen they're valued
- Stay involved until the problem is resolved
- Recognize and respect cultural diversity and differences
- Remember that your values are not their values

## Leadership Questions

Leadership questions can be used by anyone. You don't have to be in a leadership role to take the initiative and ask a person in distress if they're considering suicide. Some common leadership questions are:

- “What’s going on in your life? I’ve noticed you seem upset.”
- “I’m concerned about you. Let’s talk about it.”
- “How can I help?”
- “What do you think might help?”
- “Are you thinking about suicide?”
- “Where would you like to seek help?”
- “Why don’t we make the call together? Then we’ll both go over there.”