

Suicide Can Be Prevented

Do you know someone who might need help?



Suicide

- One of the leading causes of death in the United States
- May be preventable with recognition and treatment
- Know the symptoms of depression
- Know the signs of suicide

Being in the military is an added stress to an already hectic life. This can put service members and their families at a high risk for depression. Depression can sometimes tragically end in suicide.

Suicide can be prevented. The most important thing is to get help!

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Suicide Awareness and Prevention

on the Humana Military Web site

Suicide/Depression Tipsheets

- Fact Sheets for Military Families
- FAQs
- Myths and Facts
- Warning Signs

Web sites of Interest

- After Deployment: Dealing with Depression
- Military Health System: Speak Up, Reach Out!
- TRICARE Mental Health
- Suicide Prevention Lifeline
- Suicide Prevention Programs:
 - Air Force
 - Army
 - Coast Guard
 - Marine Corps
 - National Guard
 - Navy & Marine

Related Materials

- Suicide Prevention Brochure and Wallet Card
- Depression & Suicide Videos

Visit the **Suicide Awareness** page on the Humana Military Web site under **Beneficiary/Health and Wellness/Behavioral Health**.