



DEPARTMENT OF THE ARMY
UNITED STATES ARMY NONCOMMISSIONED OFFICER ACADEMY
2E SHERIDAN ROAD
FORT BLISS, TEXAS 79916

ATSS-CDA

08 October 2018

MEMORANDUM FOR ALL ASSIGNED/ATTACHED PERSONNEL,
NONCOMMISSIONED OFFICER ACADEMY, FORT BLISS, TX 79916

SUBJECT: Suicide Prevention (Policy Letter #11)

1. Reference Army Pamphlet 600-24.
2. Suicide is a tragic incident which causes great pain and sorrow for friends, family, loved ones and concern within the Army Leadership. Leaders at all levels must remain sensitive to the needs of Soldiers, Family members and civilian employees. We must sensitize ourselves to the needs of our subordinates and initiate preventive measures to avoid loss of lives within the NCOA. Leaders should create a trusting environment where Soldiers and civilian employees will feel comfortable asking leaders for help.
3. Take threats and innuendos seriously and trust your instincts. If a person is exhibiting or articulating any suicidal ideations, do not leave them alone and seek professional assistance. If the individual is an active duty Soldier and an incident occurs during duty hours seek assistance through the Unit Ministry Team, Behavioral Health located in Building 2954, or the 11th floor of William Beaumont Army Medical Center (WBAMC). For civilian employees, during duty hours, seek assistance from the WBAMC Emergency Room (ER) and then the supervisor contacts the Employee Assistance Program Coordinator located in Building A-433 or 744-1415/1416. After duty hours, escort the Soldier, Family member, or DA Civilian to the military treatment facility (MTF) or civilian ER if not able to use the MTF.
4. Suicide Prevention and ACE (Act, Care, Escort) are command programs. Leaders will conduct training on Suicide Prevention and Awareness on an annual basis.
5. We must all take suicide very seriously. Our Soldiers, civilians and family members are enduring a significantly high level of stress with today's military OPTEMPO. Every person (facilitators, staff and students) must be actively watching for suicide indicators.
6. The best preventive measure is "active engagement" by anyone who sees an individual exhibiting the signs of distress. The procedures below will be followed to identify and "act" when monitoring for suicide gestures and attempts:
 - a. Soldiers and civilians will:
 - (1) Live up to the Army Values in caring for supervisors, peers, and subordinates

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- (2) Seek out advice, protection, and support
- (3) Recognize that seeking help is a sign of strength
- (4) Report all concerns that anyone may have in harming themselves
- (5) Maintain “resiliency” by applying adaptive behaviors, thoughts, and actions.

b. Recognize the warning signs for ‘At-Risk” individuals:

- (1) Appears depressed: sad, tearful, hopeless, poor sleep/appetite habits
- (2) Talks about life losing meaning
- (3) Abuses alcohol/drugs
- (4) Talks of death and/or suicide
- (5) Changes behavior and/or appearance
- (6) Suffers relationship breakup (spouse, family, friend)
- (7) Gives away possessions
- (8) Injures self deliberately
- (9) Suffers significant personal loss (job, health, status)

c. Anyone observing any of these behaviors must take immediate action to prevent a possible suicide attempt. Report these individuals to the chain of command and advise the Commandant as soon as possible.

d. Any suicide attempt where the individual is injured, call 911 immediately and attempt lifesaving procedures. Inform the chain of command as soon as the situation permits. The individual with the most knowledge will personally brief the Commandant on the situation.

7. POC for this memorandum is the undersigned at 548-2440.



PATRICK KELLY
CSM, USA
Commandant