

# HERK NATION

## VIOLENCE PREVENTION

LITTLE ROCK AIR FORCE BASE, ARKANSAS



Suicide is a public health problem that affects all of us, our units, organizations, families, and the community. "It's rarely caused by single circumstance or event."

- Risk factors are situations or problems that can increase the possibility that a person will attempt suicide. Poverty, relationship, lack of connection, financial, substance use, and access to lethal means, are risk factors that can impact suicide.
- Protective factors are those skills, strengths or resources that help people deal more effectively with stressful events—can include family, a sense of connectedness, spirituality, a sense of purpose, optimism, a sense of agency, engagement in treatment or supportive services. Protective factors enhance resilience and help counterbalance risk factors.

### Connect To Protect

#### Ask, Care, Escort (ACE)

ACE is proven to make a lifesaving difference in critical moments when a person is considering suicide.

- **Ask.** the question directly "Are you having thoughts of death and are you thinking about killing yourself or suicide?" Talking about suicide does not encourage suicide. Silence is dangerous. Being able to openly address these thoughts and behaviors can help prevent loss.
- **Care.** Be genuine, express authentic concern. This doesn't mean you have to have the solutions or answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.
- **Escort.** Never leave the person having trouble or crisis alone. Escort them to a qualified professional or leadership.

### Volunteer Opportunities

Contact your Violence Prevention Integrator (VPI) to learn more about Little Rock Air Force Base Violence Prevention Execution Resiliency (ViPER) Team and volunteer opportunities.



### Help is available

Speak with someone today



- 988 Suicide and Crisis Lifeline  
Hours: Available 24 hours.  
Languages:  
English, Spanish.
- Anyone who needs suicide or mental health-related crisis support, or who has a loved one in crisis, can **connect with a trained counselor by calling, chatting, or texting 988** (as long as the caller has telephone, cellular or internet services available to them).
- *If you or someone you know has had suicidal thoughts, you can call the National Suicide Prevention Lifeline at 1-800-273-8255.*

### GO SLO

If someone demonstrate signs of distress, consider their access to LETHAL means including firearms, medication or other means of fatal methods. Airmen should remember to "go SLO"- use **Safe, Locks**, or store means **Outside** the home.

**SMALL STEPS SAVE LIVES**

[www.resilience.af.mil](http://www.resilience.af.mil)

### Available Trainings

Contact your Violence Prevention Integrator (VPI) to learn more about training: SafeTalk. A 4-hour workshop, developed by LivingWorks, to teach you how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention re-source for further support.

Applied Suicide Intervention Skills Training (ASIST). A 2-day workshop, developed by LivingWorks, to teach you how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.