Suicide Prevention Definitions

1. Suicide-Related Behaviors. A wide category of behaviors related to self-harm with the intent to die. Suicide-related behaviors include:

a. SIs. Taking actions or making statements that appear to be leading toward a SA, regardless of intent to follow through.

b. SAs. Self-directed injurious behavior with intent to die as the result. SAs may be fatal or non-fatal.

c. Death by Suicide. Death caused by self-injurious behavior with intent to die as a result.

2. Suicidal. In acute crisis with ideation, definitive tendencies, or an attempt to end one's own life.

3. Behavioral Health. The reciprocal relationship between human behavior and the well-being of the body, mind, and spirit whether the considered individually or socially.

4. Crisis Management. Responding to unforeseen circumstances with no time to plan.

5. Crisis Intervention. Intervention provided when a crisis exists to the extent that one's usual coping mechanisms threaten functioning.

6. Depression. A mental state characterized by pessimistic sense of inadequacy and despondent lack of activity.

7. Postvention. Intervention after a suicide to aid survivors.

8. Protective Factors. Any factor whose presence is associated with increased protection from a disease or condition. Characteristics, variables, and/or conditions that enhance resiliency, increase resistance to risk, and fortify against the development of a disorder or adverse outcome.

9. R.A.C.E. Method.

a. Recognize. Note changes in behavior or emotions. Note if the individual has withdrawn from socializing. Note changes in eating and sleeping patterns.

b. Ask. Have the courage to ask the question, but remain calm. Ask directly, "Are you thinking about killing yourself?"

c. Care. Actively listen to produce relief, Remove any means that could be used for self-injury. Calmly control the situation, but do not use force.

d. Escort. Never leave the at-risk individual alone. Seek help; consider escorting to a Chaplain, medical provider, or command leadership.