

H.O.P.E Pocket Cards



HSPAC Suicide Prevention Campaign
Operation Corps Strong

H. O. P. E.

Hear the Officer's Call for Help

Offer a Helping Hand

Provide Resources

Encourage Follow-up/Escort if Possible

<https://dcp.psc.gov/OSG/hsa/>

NATIONAL SUICIDE PREVENTION LIFELINE RESOURCES

- National Suicide Prevention Lifeline, 1-800-273-8255
- Federal Occupational Health, Employee Assistance Program, 1-800-457-9808
- TRICARE East, 1-800-444-5445
- TRICARE West, 1-844-866-9378
- Psychological Health Resource Center, 1-866-966-1020
- Corps Cares Manager, 1-240-276-9616

1-800-273-TALK (8255)
suicideprevention@lifeline.org



HSPAC Suicide Prevention Campaign

Operation Corps Strong Initiative

H.O.P.E. Campaign

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Suicide Prevention Campaign
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Chair, OCS Suicide Prevention

H.O.P.E. Campaign

The H.O.P.E. Campaign was developed to encourage a peer to peer approach to suicide prevention. The campaign promotes awareness and empowers individuals to help others in need.

Objectives

- Provide education about warning signs for suicidal behavior.
- Provide step by step guidance on how to assist a fellow Officer who may be in crisis
- Provide easily accessible resources

Warning Signs

- Talking about wanting to die/kill self
- Looking for ways to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talk about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increased alcohol or drug use
- Acting anxious, irritated or behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated

H.O.P.E

Hear the Officer's Call for Help

- Be willing to listen and ask follow up questions.
- Don't be afraid to ask if someone is thinking of harming/killing themselves.
- Take the extra time to notice what someone is saying/observe facial expressions and emotional cues

Offer a Helping Hand

- Stay with the person if you are physically with them. Never leave a person alone who is suicidal.
- If you are on the phone, keep them talking while you help them consider resources and referral options.
- If you believe that the person is in imminent danger of harming themselves, call 9-1-1 (or have someone nearby call 9-1-1) immediately.
- It's also helpful to gather details about the persons location and whether they have access to a lethal means of harming themselves.

H.O.P.E CONTINUED....

Provide Resources

- National Suicide Prevention Hotline, 800-273-8255
- Federal Occupational Health, Employee Assistance Program, 800-457-9808
- TRICARE East, 800-444-5445
- TRICARE Wests, 844-866-9378
- Psychological Health Resource Center, 866-966-1020
- Corps Cares Manager, 240-276-9616

Encourage Follow-up/Escort If Possible

- Be Supportive
- Encourage Help Seeking Behavior
- Escort to ER
- Offer to accompany individual to medical/mental health appointments
- Offer to support individual while they call the 9-1-1 or the National Suicide Prevention Hotline