

What are the warning signs for suicide?

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities – seemingly without thinking
- Feeling trapped—like there’s no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

If you or someone you know exhibits any of these signs, seek help as soon as possible by contacting a mental health professional or by calling the:

National Suicide Prevention Lifeline
1-800-273-TALK (1-800-273-8255)

* Developed by the U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services Administration
(SAMHSA)



Hotlines

National Suicide Prevention Lifeline 24-Hour line
English: 1-800-273-TALK (1-800-273-8255)
En Español: 1-888-628-9454

Substance Abuse and Mental Health Services Administration (SAMHSA) 24-Hour Referral Helpline
1-800-662-HELP (1-800-662-4357)

Military OneSource 24-Hour line
1-800-342-9647

Tragedy Assistance Program for Survivors
1-800-959-TAPS (1-800-959-8277)

Online Resources

Army STARRS Website
www.ArmySTARRS.org

Mental Health Services Locator
www.mentalhealth.samhsa.gov/databases

Military OneSource
www.militaryonesource.com

National Suicide Prevention Lifeline (live chat available)
www.suicidepreventionlifeline.org

Resources for Veterans & Families
www.samhsa.gov/MilitaryFamilies

Tragedy Assistance Program for Survivors
www.TAPS.org

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Contact us: ArmySTARRS@mail.nih.gov

SOLDIERS HELPING SOLDIERS



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Army Study to Assess Risk and Resilience in Servicemembers

Army STARRS is...

... a research study, not a treatment or training program.

The Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS) is the largest study of mental health risk and resilience ever conducted among military personnel. Civilian Army STARRS researchers will help the Army identify factors that protect Soldiers' mental health and those that put Soldiers' mental health at risk.

... Soldiers helping Soldiers.

The study cannot be accomplished without Soldiers' voluntary and confidential contributions. Voluntary Soldier participation is essential for the success of Army STARRS and the effort to protect every Soldier's well-being. Findings from the study may impact programs for you, your fellow Soldiers and your families.

... about your experiences.

The Army STARRS study components include all phases of Army service. These components are:

- Historical Data Study (HDS)
- All Army Study (AAS)
- New Soldier Study (NSS)
- Soldier Health Outcomes Study (SHOS)
- Pre/Post Deployment Study (PPDS)

Each of these components examines Soldiers' psychological and physical health as well as life and work experiences. The goal is to find areas that may affect health and well-being. Some of the components may involve a voluntary blood donation.

... strictly voluntary.

Army STARRS is strictly voluntary. Researchers talk with new Soldiers entering the Army about the NSS. They also randomly select units to participate in the AAS and PPDS. Some individual Soldiers will be invited to participate in the SHOS study. If you or your unit are chosen, you will attend a briefing about the study and will have an opportunity to volunteer at that time. Only Soldiers who are selected or who are in the selected units are able to volunteer.

... completely confidential.

Confidentiality is vital to every aspect of Army STARRS. Because this research explores several personal topics, answers will be held in the strictest confidence. Any information that could be used to identify a Soldier will be removed from responses and other study materials.

In addition, each Soldier's survey responses will be combined with the responses from other Soldiers. Researchers will analyze the combined information to find ways to improve Soldiers' overall mental health. Soldiers' survey answers will not be used to evaluate their abilities and will not be shared with anyone in the chain of command. The only exception is if a participant shows imminent danger of self-harm or harming someone else. In this case, the individual is referred to the Army chaplain-on-call for follow-up consultation.



... not your ordinary study or survey.

Soldiers' de-identified responses are sent to the University of Michigan where they immediately join the growing pool of data. Army STARRS researchers constantly analyze the data pool (not individual surveys) and report their findings to Army leaders as quickly as possible. Army leadership may use these findings in their health promotion, risk reduction efforts.

... a military and civilian partnership.

The Army partnered with the National Institute of Mental Health (NIMH) to launch Army STARRS. NIMH gathered a group of scientific experts from the Uniformed Services University of the Health Sciences (USUHS), University of Michigan, Harvard Medical School, and University of California, San Diego plus NIMH scientists and U.S. Army consultants to develop and implement Army STARRS.



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Soldiers Helping Soldiers

