





The NICoE is dedicated to advancing the diagnosis, clinical care and research of complex traumatic brain injury (TBI) and psychological health (PH) conditions affecting service members and their families. <http://www.wrnmccapmed.mil/NICoE/SitePages/index.aspx>

**WRNMMC with Intrepid Spirit locations at Fort Belvoir, Camp Lejeune, Fort Campbell, Fort Hood, Fort Bragg, and Joint Base Lewis McChord (opening 2017)**



- Columbia-Suicide Severity Rating Scale (C-SSRS), developed by Dr. Kelly Posner
- USMC implemented in 2014 and experienced over a 20% decrease in suicides
- It is a simple list of questions that greatly assist in identifying ones risk of taking their own life
- Anyone, anywhere can use the C-SSRS. Hospitals, schools, jails, armed forces and many other public health settings are using the scale for suicide risk identification



## After the Long Walk

- Peer to peer suicide prevention
- Started by a group of EOD NCOs last November
- Over 3000 members from all four services including veterans and family members
- Helped over 20 individuals through the 24 hour phone line and countless more through the Facebook page and member phone directory
- Volunteers must first complete suicide intervention training (ASIST, esucidetalk, or equivalent program)
- Board of Directors include seven veterans or family members from all four services with over a dozen retired and active duty SNCO advisors to the board

# What can you do?

- Speak openly to seniors, peers and subordinates about experiences and the effects it has had on you
- Don't keep it a secret that you have sought help
- Get help if you need it
- Encourage others to do the same and never shame anyone that goes to mental health or other counseling
- Answer the phone anytime, even at 0200
- Attend the EODWF Suicide Prevention Roundtable at Boulder Crest Retreat on November 9<sup>th</sup>



# After the Long Walk

**24 HOUR  
HOTLINE  
FOR PEER SUPPORT  
FROM A FELLOW EOD Tech**  
(888) 412-0470

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