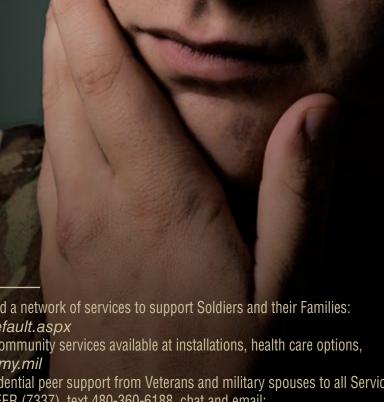
Top 5 Stressors Experienced by Soldiers

Who Died by Suicide or Attempted Suicide

- Relationship Problems
- Work Stress
- Legal Problems
- Victim of Abuse
- Physical Health Problems

Many Soldiers experience common stressors which can put them at risk for suicide. Resources are available to assist Soldiers with identifying and managing stress.

Stressors occurred within one year of the suicide cide attempt; however, Victim of Abuse vithin the Soldier's lifetime. Suicide and suicide attempts data, from the 2016 Surveillance of Suicidal Behavior Publication (SSBP), were



ARMY OneSource provides information assistance and a network of services to support Soldiers and their Families: http://www.myarmyonesource.com/default.aspx

The Community Resource Guide provides lists of community services available at installations, health care options, awareness activities: https://crg.amedd.army.mil

Be There Peer Assistance Line provides 24/7 confidential peer support from Veterans and military spouses to all Service members and their families: Phone 844-357-PEER (7337), text 480-360-6188, chat and email: https://betherepeersupport.org

Military Crisis Line provides confidential support 24/7 via internet chat, phone 1-800-273-TALK (8255), or text 838255.

For a more in-depth review of the characteristics of Active Army Soldiers who experienced suicidal behaviors, read the Surveillance of Suicidal Behavior Publication (SSBP): https://go.usa.gov/xnAyK

