

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 or suicide attempt; however, Victim of Abuse was within the Soldier's lifetime. Suicide and suicide attempts data, from the 2016 Surveillance of Suicidal Behavior Publication (SSBP), were combined.

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>

