



Commanding General
Multi-National Security Transition Command-Iraq
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Suicide is a problem in our Army today. One of the things we have to do as a command is to take care of each other. In a combat environment and while deployed away from our Family, we don't have anyone else but each other. We are all sensors, so taking care of each other is part of being on our Team.

There are a number of warning signs a person could display if contemplating suicide:

- Changes in eating and sleeping habits
- Isolation
- All of a sudden giving away possessions
- Feeling sad
- Finalizing their personal family affairs
- Talking about dying
- Recent loss of a family member, personal tragedy, financial tragedy
- Change in personality, change in behavior
- Talking about no hope for the future
- Fear of losing control
- Low self-esteem
- Lastly, talking or hinting about suicide.

Look for these signs. Whenever a suicide happens in an organization and the investigation is done, there are always these red flags the person who committed suicide displays; many of which were noticed by a friend or coworker and never brought to the attention of someone in the chain of command.

In our organization, I expect each and every person to be aware of the signs and take action, step up to the plate, make a difference in someone's life. Help them through the crisis, take them to get help. We have every program available to help anyone in our command through a difficult situation, take advantage of them.

Leaders take responsibility for members of their command; suicide prevention is a leader's responsibility. Let's do all we can to ensure suicides do not occur in our Command.

*Thanks in
advance for
your help!*

[Signature]
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Commanding