



DID YOU KNOW?

MYTH

Seeking help because you feel overwhelmed or helpless is a sign of weakness.

FACT

Reaching out for help is a sign of strength and self-awareness.

Just like seeing medical for a physical injury, seeking support for behavioral health is essential for overall well-being. The bravest thing you can do is take that step toward healing.



IOS

CG SUPRT AND SUICIDE CRISIS SERVICES MAY ALSO BE ACCESSED 24 HOURS A DAY, SEVEN DAYS A WEEK VIA THE COAST GUARD WORK-LIFE APP OR TOLL FREE AT 855-CGSUPRT (247-8778).



ANDROID



DID YOU KNOW?

MYTH

If someone is determined to take their life, there's nothing you can do to stop them.

FACT

Interventions can make a huge difference. Offering support, removing items that may be used for self-harm, and connecting someone to professional help can save a life. People in crisis are often ambivalent about dying and looking for a reason to live.



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ANDROID



DID YOU KNOW?

MYTH

If you seek behavioral health treatment or support, you will ruin your Coast Guard career and lose your security clearance.

FACT

You're more likely to put your security clearance at risk by not paying your bills. It's extremely unlikely that getting help for mental health or having mental health issues will cause you to lose or be denied a clearance.



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ANDROID



DID YOU KNOW?

MYTH

Most suicides are unexpected and happen without warning.

FACT

Warning signs such as dramatic shifts in mood or other suicide related behaviors often precede suicide attempts. It's important for all to learn and recognize behaviors associated with suicide so that we can intervene and provide support.



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ANDROID



DID YOU KNOW?

MYTH

Most suicides are unexpected and happen without warning.

FACT

80 percent of suicides are preceded by warning signs. These signals often include a joke/threat about suicide, a reference to being dead, or giving away treasured possessions. It is important to understand what the warning signs are and look out for them.



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ANDROID



DID YOU KNOW?

MYTH

Suicides happen fast, and usually as the result of one sudden traumatic event, so there isn't anything you can do prevent them.

FACT

Suicides are rarely the result of a single traumatic loss or change. Usually, there are many contributing factors and events that have occurred over a period of time. A sudden traumatic event may be the 'trigger' event that moves a person to end their life, but it is unlikely to be the only cause.



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ANDROID



DID YOU KNOW?

MYTH

Asking someone if they're thinking about suicide will put the idea in their head.

FACT

Talking about suicide gives the other person an opportunity to express thoughts and feelings about something they may be keeping secret. It can also help them obtain support and access resources.



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ANDROID



DID YOU KNOW?

MYTH

My command will know all of my business if I go to the chaplain for help.

There's no confidentiality in the military.

FACT

The unique role of chaplains includes a sacred trust of maintaining confidentiality. Commanders are required to honor the confidential relationship between members and chaplains.



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ANDROID



DID YOU KNOW?

MYTH

There is no confidentiality if I use CG SUPRT. They will tell my command what is going on with me.

FACT

CG SUPRT upholds strict confidentiality standards. No one will know you have accessed program services unless you specifically grant permission. If there are legal limitations on confidentiality, that will be explained to you when services commence.



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ANDROID