

STG International Recognizes National Suicide Prevention Month

Company's Military Psychiatrist Shares Information and Advice



Alexandria, VA – September 2009 – Earlier this year, the Army reported 128 confirmed Soldier suicides in 2008, the highest number since suicide tracking began 28 years ago. As National Suicide Prevention Month draws to a close, STG International takes a moment to honor the Military's commitment to suicide awareness.

"Suicide prevention is a year-round issue," commented Michelle Lee, president and CEO of STG International. "As any of the psychiatrists we staff can attest, Soldiers are a particularly stressed and burdened population. Having the knowledge, the network, and the resources for detecting and preventing potential suicides is an absolutely essential mission."

STG International's Dr. Craig Martin, M.D. of the Naval Branch Health Clinic in Gorton, CT recently traveled to Army and Navy facilities throughout New England to raise awareness (and resources) for returning service members, many of whom may be experiencing mental distress, including Post Traumatic Stress Disorder (PTSD).

"The Military recognizes the heightened concern over Soldier suicides. Over the past year, it's done more for awareness, such as implementing proactive suicide awareness and intervention programs in Boot Camps and Commands," said Dr. Martin. "It's important to help active duty and veteran Soldiers realize that suicide is a permanent response to a temporary problem. There are many ways of dealing with stress that are healthy and have positive outcomes. We should also remember that most individuals with suicidal thoughts are also suffering from depression, and that depression is highly treatable – even more so than high blood pressure or diabetes. So the message is: get treatment and get better."

Active duty and retired soldiers, family members, friends, and peers can get further information on how to recognize the signs of suicide, how to intervene, and where to get treatment, from a number of resources, including:

- Military OneSource - 1-800-342-9647 – <http://www.militaryonesource.com>
- National Suicide Crisis Hotline – 1-800-SUICIDE (1-800-784-2433)
- National Suicide Prevention Lifeline - 1-800-273-TALK (1-800- 273-8255) – <http://www.suicidepreventionlifeline.org>
- Military Pathways – 1-877-877-3647 - <http://www.militarymentalhealth.org>
- [Army Suicide Prevention Program](#)
- [Air Force Suicide Prevention Program](#)
- [Marines Suicide Prevention Program](#)
- [Navy Suicide Prevention Program](#)
- [Veterans Health Administration Suicide Prevention Program](#)

- Additional resources listed by the U.S. Department of Defense's Military Health System – <http://www.health.mil/Pages/Page.aspx?ID=69>

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About STG International:

STG International (www.stginternational.com) is a minority-owned, woman-owned contracting company, proudly associated with such distinctions as Inc. 500, *Washington Technology* Fast 50, and *Washington SmartCEO* Future 50. STG International offers a diverse array of staffing and mission-critical services, providing support in health care programs, medical services, human capital management, human resources, management consulting, and recruitment for government and private sector clients.

Founded in 1997, STG International is headquartered in Alexandria, VA, and has a workforce of 1,700 employees across 37 states.

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