SAIL

Sailor Assistance & Intercept for Life

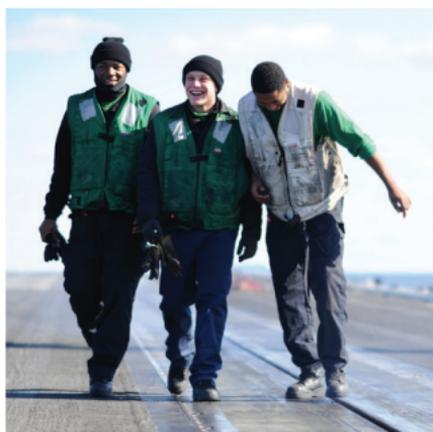*Instilling Hope. Saving Lives.*

What is SAIL?

SAIL is a voluntary program that quickly provides you support during the stressful period after a suicide-related behavior (SRB). SAIL does not replace mental health treatment. SAIL serves as a linkage between programs and services designed to maximize outreach, and enhances collaboration between you, your providers and command leadership regarding your recovery. SAIL is designed around a series of caring contacts within the first 90 days after an SRB, the period of highest risk. These contacts occur at 3, 7, 14, 30, 60, and 90 days.

What happens next?

A SAIL case manager will contact you telephonically, explain the SAIL program, answer any questions, offer SAIL services, and set up an appointment with you if you agree to participate in the program.

What are the benefits of SAIL?

Your continuous contacts will include individualized risk assessment, safety planning, system navigation, and command coordination. All services are conducted within a supportive environment and are based on your needs in reducing distress.

SAIL

Sailor Assistance & Intercept for Life

Instilling Hope. Saving Lives.

If you or someone you know is in need of immediate assistance, use the Military Crisis Line.

➡ **CALL**

1. The Military Crisis Line is available 24/7. Call 1-800-273-TALK (8255) and Press 1.

2. OCONUS:

   - ***Europe:*** *Call 00800-1273-TALK (8255) or DSN 118 (The toll-free service in Europe may not be available through all carriers or in all countries.)*
   - ***Korea:*** *Call 0808-555-118 or DSN 118*
   - ***Afghanistan:*** *Call 00-1-800-273-TALK (8255) or DSN 111*

➡ **TEXT 838255** to be connected to a crisis responder.

➡ **CHAT ONLINE** at www.militarycrisisline.net.

➡ Contact your local Navy Fleet and Family Support Center (FFSC) for assistance during times of transition or stress. To locate the closest FFSC, visit www.militaryinstallations.dod.mil.

YOUR SAIL TEAM:

SAIL Case Manager: _____

FFSC #: _____