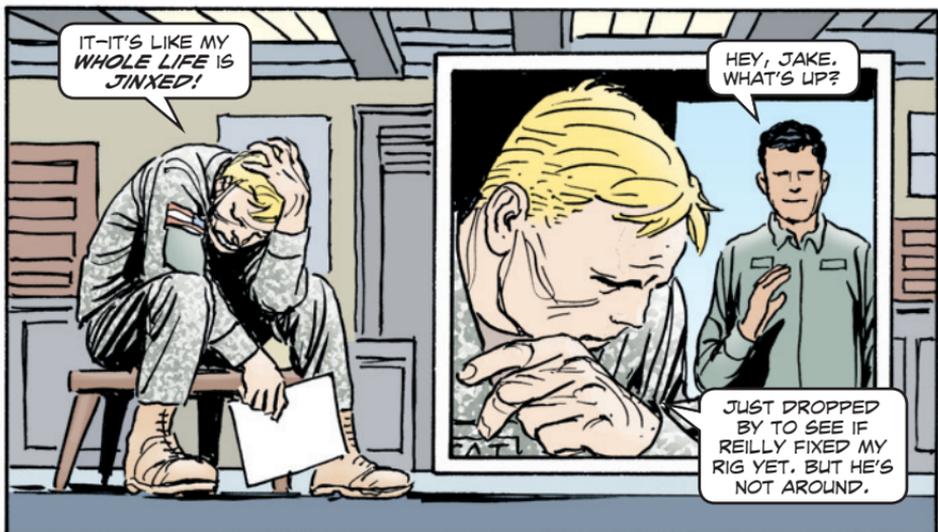
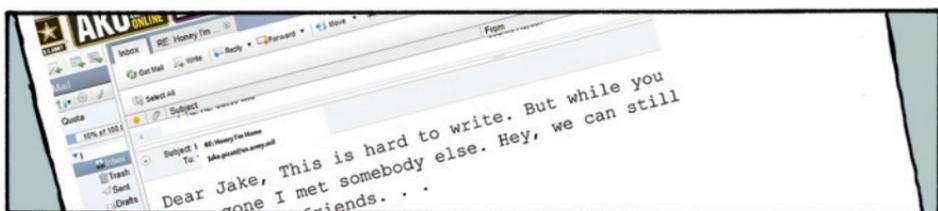


# A Sign of Strength





YEAH...THE CREW JUST LEFT FOR LUNCH.

HEY, WHAT'S THIS I HEAR ABOUT YOU NOT MAKIN' RANK?

IT'S TRUE.



SORRY, MAN.

MY *GIRL* BAILED OUT TOO. LOOKS LIKE I'M OUT TO SET A NEW WORLD RECORD FOR THE *WORST LIFE*.



WOW... *THAT BITES!*

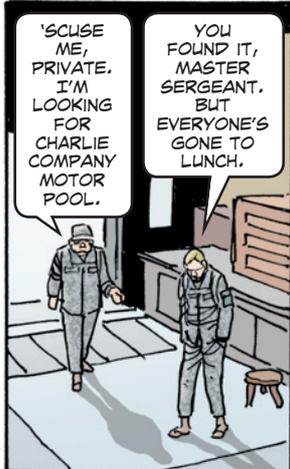
LMMM, SPEAKING OF BITES, GOTTA CATCH UP WITH THE GUYS AND GRAB SOME CHOW MYSELF.

SEE YOU LATER.

SURE.



HE DIDN'T EVEN INVITE ME ALONG. 'CUZ *NOBODY* WANTS THEIR LIFE MESS'D UP BY *JP THE JINX*.



'SCUSE ME, PRIVATE. I'M LOOKING FOR CHARLIE COMPANY MOTOR POOL.

YOU FOUND IT, MASTER SERGEANT. BUT EVERYONE'S GONE TO LUNCH.

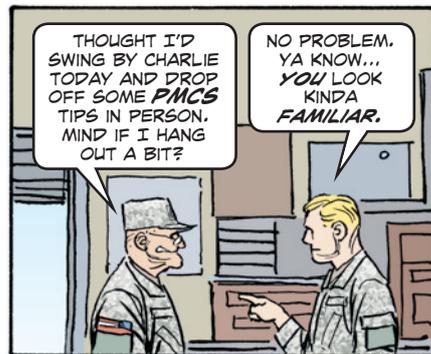


NOT *EVERY-ONE*.

WELL, EVERYONE THAT *COUNTS*.



SOMETHING'S *WRONG* HERE... I NEED TO FOLLOW MY GUT INSTINCTS AND CHECK THIS OUT.



THOUGHT I'D SWING BY CHARLIE TODAY AND DROP OFF SOME *PMCS* TIPS IN PERSON. MIND IF I HANG OUT A BIT?

NO PROBLEM. YA KNOW... *YOU* LOOK KINDA FAMILIAR.



HALF-MAST... *PS* MAGAZINE...?

OH, YEAH. THAT COOL COMIC BOOK MECHANICS READ.



*PS* ISN'T JUST FOR MECHANICS. AND IT'S AN OFFICIAL TECHNICAL BULLETIN. BUT I WILL TAKE THAT 'COOL' COMPLIMENT.

HEH.



GOT ANY COFFEE AROUND HERE?

SURE. HELP YOURSELF.



HOW 'BOUT A REFILL?

NO, THANKS. GOTTA HEAD BACK TO THE BARRACKS NOW.



SOMETHING URGENT?

YOU *COULD* SAY THAT.

SOMETHING I'VE PUT OFF *TOO LONG*.



HEY. BEFORE YOU GO, PICAT—JUST WANT TO SAY *THANKS* FOR DOING WHAT YOU DO. I KNOW YOU PROBABLY *DON'T* HEAR THAT ENOUGH IN THE DAILY GRIND.



DON'T HEAR IT *AT ALL*.

EXCEPT AN OLD MAN BOUGHT ME LUNCH ONCE 'CAUSE I WAS IN UNIFORM AT SOME BURGER JOINT. THINK HE SAID HE WAS A KOREAN VET.



BET HE HAD AN INTERESTING TALE OR TWO TO TELL.

Y'KNOW...HE NEVER SAID AND I NEVER ASKED, KINDA WISH I HAD.



WHAT'S YOUR MOS, SOLDIER?

11B.



THAT TAKES SOME GUTS.

SOMETHING I DON'T HAVE ENOUGH OF.

OR I COULD'VE SAVED RAMIREZ.



YOUR BUDDY?

YEAH, REZZY AND ME WENT WAY BACK, EVEN ENLISTED ON A MUTUAL DARE. LOST HIM... 'BOUT TWO MONTHS AGO.



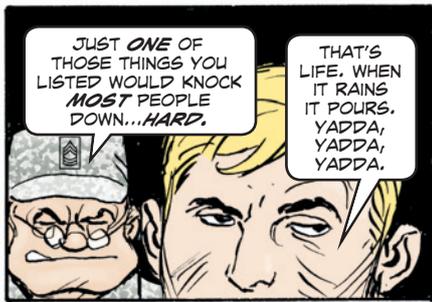
WANNA TALK ABOUT IT?

NOT REALLY.



OK, TWO MONTHS? SO YOU HAVEN'T BEEN BACK LONG YOURSELF?

NOPE. JUST LONG ENOUGH TO HELP CARRY REZZY'S COFFIN... AND GET DUMPED BY MY GIRLFRIEND.



JUST ONE OF THOSE THINGS YOU LISTED WOULD KNOCK MOST PEOPLE DOWN...HARD.

THAT'S LIFE. WHEN IT RAINS IT POURS. YAPPA, YAPPA, YAPPA.



MAYBE BECAUSE YOU NEED TO TALK TO SOMEONE.

NAW, I'M OK.



WELL-MEANING FOLKS SOMETIMES COUGH UP CLICHES LIKE THOSE... BUT-THAT DOESN'T HELP MUCH WHEN YOU'RE HURTING. AND TO BE HONEST WITH YOU HERE: IT SEEMS LIKE YOU'RE HURTING PRETTY BAD.



NOW IT'S YOUR TURN TO BE HONEST. EVER THINK ABOUT KILLING YOURSELF?

YOU SURE DON'T BEAT AROUND THE BUSH, DO YOU, SARGE?

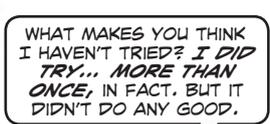


THAT'S ANOTHER COMPLIMENT I'LL GLADLY ACCEPT. BUT, DON'T THINK I DIDN'T NOTICE YOU AVOIDED MY QUESTION.

YOU SOUND LIKE MY SERGEANT NOW. AND THE ONLY THING I HAVE IN COMMON WITH HIM IS THAT BOTH OF US THINK THE UNIT WILL BE BETTER OFF... WITHOUT ME.



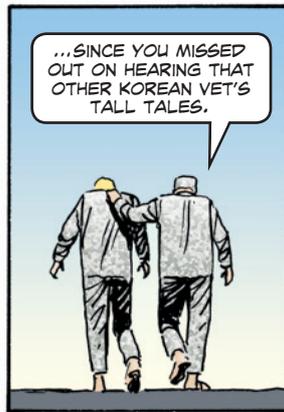
OK...SO MAYBE YOU HAVE TO SKIP A LINK IN YOUR CHAIN OF COMMAND. THERE'S STILL PLENTY OF OTHER FOLKS WHO WANT TO HELP YOU...IF YOU JUST ASK.



WHAT MAKES YOU THINK I HAVEN'T TRIED? I DID TRY... MORE THAN ONCE, IN FACT. BUT IT DIDN'T DO ANY GOOD.



I KNOW IT'S TOUGH... THAT YOU'RE TIRED OF TREADING WATER. BUT MAYBE THIS IS THE TIME IT WILL WORK. DO YOU REALLY WANT TO WALK AWAY FROM THAT CHANCE? I WOULDN'T.



**Remember...**  
**seeking help is a sign**  
**of *strength!***

DON'T KNOW WHERE TO TURN? TRY TALKING TO A FAMILY MEMBER, A FRIEND, YOUR BATTLE BUDDY, SQUAD LEADER, PLATOON OR COMPANY LEADERS, A CHAPLAIN (EVEN IF YOU AREN'T RELIGIOUS), A DOCTOR OR A BEHAVIORAL HEALTH PROFESSIONAL.

NEED SOMETHING A LITTLE LESS STRESSFUL THAN TALKING TO SOMEONE FACE-TO-FACE? HERE ARE SOME MORE RESOURCES:



## For Soldiers

### National Suicide Prevention Lifeline

Call 24/7, 365 days a year. Free and confidential. Call 1-800-273-TALK (8255).

In OCONUS, dial your DSN access code and then 800-273-TALK

Veterans, press "1" for the Veterans' Suicide Prevention Hotline.

Or visit: <http://www.suicidepreventionlifeline.org>

### Military OneSource

In CONUS, call 1-800-342-9647. Overseas personnel should visit the website for the complete list of OCONUS contacts: <http://www.militaryonesource.com>

### TRIAAP (TRICARE Assistance Program)

<http://www.tricare.mil/mentalhealth>

### The Defense Center for Excellence for

### Psychological Health and Traumatic Brain Injury

Call 1-866-966-1020 or visit: <http://www.dcoe.health.mil>

### Tragedy Assistance Program for Survivors

Call 1-800-959-TAPS (8277) or visit: <http://www.TAPS.org>

## For Leaders

### Army's Suicide Prevention Program

<http://www.preventsuicide.army.mil>

### Suicide Prevention Resource Council

<http://www.sprc.org/index.asp>

AR 600-63, Army Health Promotion:

[http://armypubs.army.mil/epubs/pdf/r600\\_63.pdf](http://armypubs.army.mil/epubs/pdf/r600_63.pdf)

DA PAM 600-24, Health Promotion, Risk Reduction and Suicide Prevention:

[http://armypubs.army.mil/epubs/pdf/p600\\_24.pdf](http://armypubs.army.mil/epubs/pdf/p600_24.pdf)