

# SAIL

Sailor Assistance & Intercept for Life

*Instilling Hope. Saving Lives.*

## What is SAIL?

SAIL is a voluntary program that provides rapid 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 caring contacts will include individualized risk assessment, safety planning, system navigation, and command coordination. Case management is conducted virtually on a Navy approved platform. Services are conducted in a supportive environment, aimed at reducing your distress, and are tailored to your individual needs.

