

ASK.CARE.ESCORT.



U.S.ARMY

ACE

SUICIDE INTERVENTION





National Suicide Prevention Lifeline: **1-800-273-8255 (TALK)**
PRESS "1" for the Veteran's Crisis Line or text **838255 (24-7)**
Deaf and Hard of Hearing dial: **1-800-799-4889**

ASK YOUR BUDDY

- Have the courage to ask the question, but remain calm
- Ask your questions directly:
 - ▶ *Are you thinking of harming yourself?*
 - ▶ *Do you have a plan to kill yourself?*

CCARE FOR YOUR BUDDY

- Calmly control the situation; do not use force; be safe
- Actively listen to show empathy and support
- Remove any means that could be used for self-injury
- Request assistance if needed

ESCORT YOUR BUDDY

- Never leave your buddy alone
- Escort to local emergency room, behavioral health professional, Chaplain, chain of command, or primary care provider
- Call the National Suicide Prevention Lifeline

TA-095-0719

Approved for public release, distribution unlimited.

Additional ACE Cards available at: <https://ephc.amedd.army.mil/HIPECatalog/>

